

It's News Here!

McKay Sentenced 6-10 Years For Beating Woman with Club

Michael McKay, 28, of Kalkaska, was found guilty by a court trial here of assault with intent to commit great bodily harm less than murder. Judge William Porter sentenced McKay to six years and eight months up to ten years in prison.

Mckay was found guilty of forcing a car driven by Sandra Defer, 25, of Traverse City, off the road and beating Defer with a club. Defer suffered lacerations and lost teeth from the assault April 4th, 1983, along County Rd. 612 by Lovells.

Mckay, who served time in prison on a similar charge, was also recently convicted of a rape crime in Kalkaska.

In other Circuit Court news, Roko Bajaj plead guilty to a charge of larceny with safe damage and was sentenced to 5-15 years in prison. Bajaj, 20, from Pontiac, along with two juveniles, broke into the Legion Feb. 27, 1983, and stole approximately \$3000 from a safe, cash registers, and coin-operated machines.

Former Grayling Man Shot At, Wife Charged with Murder Plot

The wife of Gerald Smock, a former Grayling resident, has been charged with conspiring to murder her husband.

Jane Smock, 34, of Prudenville, has been charged with conspiracy to commit first-degree murder, aiding and abetting the assault, and aiding and abetting the use of a firearm during a felony. Also charged in Roscommon County District Court is Quinton Malone, 18, of Battle Creek, for conspiracy to commit first-degree murder, assault with intent to commit murder, and possession of a firearm during a felony.

The charges are in connection with a shot fired at Gerald Smock, 52, at his office last Tuesday near Prudenville. Smock was on the phone at his office when he bent down and a shot allegedly fired by Malone went over his head.

State police investigated the shooting and a weapon was recovered. Both suspects are being held on \$300,000 bond.

Smock is a counselor at Camp Nokomis, a juvenile detention camp near Houghton Lake and Malone had been lodged at the camp one and a half years ago.

Tampered Girl Scout Cookies In Missouri Produced by Different Company, Not Local Supplier

Residents in the 21 counties on the Mitten Bay Girl Scout councils should not be concerned by the recent reports of foreign objects found in boxes of Girl Scout cookies in St. Louis, Missouri. Those cookies were produced by a different company than the one which provides cookies to the Mitten Bay Girl Scout Council.

Cookies were manufactured for the Mitten Bay Girl Scout council by Burry-Lu Company, which has provided our cookies for more than 20 years. Strict quality controls including the use of metal detectors at the factory are maintained to insure the safety of Mitten Bay Girl Scout Cookies. Our cookies will be delivered after April 12.

The Mitten Bay Girl Scout Council always encourages consumers to inspect all cookie packages for any evidence of tampering. Suspected tampering should be reported to the authorities immediately.

Blood Bank At High School Wednesday Mar. 28th

Firewood Permits Available Now, Cutting Allowed After March 31

Department of Natural Resources firewood permits are available now at the Grayling field office for the cutting season that begins April 1.

The DNR prohibits cutting of firewood from Jan. 1 to March 31 but woodcutters can now buy their permits. Permits cost \$10 again this year for five standard cords of hardwood (standard cords are eight feet by four feet by four feet high). Permits for softwoods will still be free. The firewood cut with these permits must be for home use and cannot be sold.

Woodcutters seeking permits should call the field office at 348-6371 to check for hours the office will be open.

Range Firing Conducted

Range firing will be conducted at Camp Grayling during the period 28 March 84 thru 4 April 84.

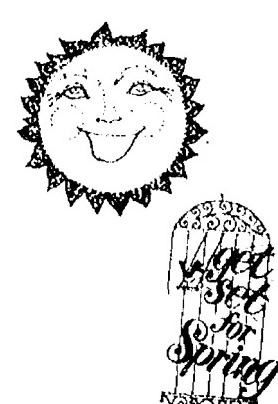
Firing will be in the following areas on the dates and times as indicated.

The Small Arms Ranges located west of Lake Margrethe, north of Howe Rd, east of the gas pipeline and south of Portage Creek. Firing will begin at 8:00 AM 31 March 84 and cease at 5:00 PM 1 April 84.

The Range 40 Complex located north of County Rd 612, east of Guthrie Lake, south of Old State Rd 618 and west of County Rd F97 (Twin Bridge Rd). Firing will begin at 9:00 AM (Daily) and cease at 5:00 PM (Daily).

The ranges will be closed to the public during these periods and all persons are warned to keep out of the areas identified.

Our Weather (Courtesy of Chuck Fick)



Mar.	Hi	Lo	Depth
20	32	25	Rain
21	34	28	Rain
22	33	18	Snow 3.0
23	32	17	2.0
24	43	16	Banks
25	42	16	Banks
26	49	12	Banks

Albosta Seeks \$9 Million To Improve Camp

By Jon Thompson

Congressman Don Albosta asked Congress last week for nearly \$9 million to improve Camp Grayling. Albosta asked a House Armed Services subcommittee to include \$8,981,000 for upgrading Camp Grayling in the 1985 fiscal defense budget.

"The \$9 million construction rehabilitation project is necessary to meet the urgent needs of increased use and site support for required training at Camp Grayling," said Albosta before the Subcommittee for Military Installations and Facilities on March 21 in Washington.

"At a time when we must assure the widest use of scarce federal dollars, Camp Grayling can be considered a bargain for the nation. It is an ideal training site for integrated Reserve and National Guard forces when compared with the

cost of maintaining a standard army and its required support facilities."

The nearly \$9 million request is for six projects from a master plan or wish list of 24 projects compiled by the military for improving Camp Grayling (see story below).

The biggest project Albosta asked to be funded in fiscal 1985 is improving the Mobilization and Training Equipment Sites (M.A.T.E.S.). The plans call for \$5,641,000 to build a loading dock for handling heavy materials and construct three buildings to keep equipment and workers indoors.

The plan says the current M.A.T.E.S. area is overcrowded, partially outdated, and, due to scattered buildings, inefficient. Lack of space also forces workers and equipment outside in all seasons.

One building with 12,313 square-feet is requested to consolidate issue and turn-in functions, a building with 42,732 square-feet is requested for motor vehicle storage, and a building with 20,960 square feet is requested to organize the site and make it energy efficient.

Albosta also asked for \$1,493,000 to winterize buildings at the main camp.

"Winterization of the present facilities is particularly important because it would open up the camp for year-round training and maneuvers," Albosta said.

Also requested for the 1985 fiscal budget is \$976,000 to build two large motor pools. One proposed 17.5 acre site is located by 8th Street and west of Parade Road. The second proposed site is See Camp on Page 9

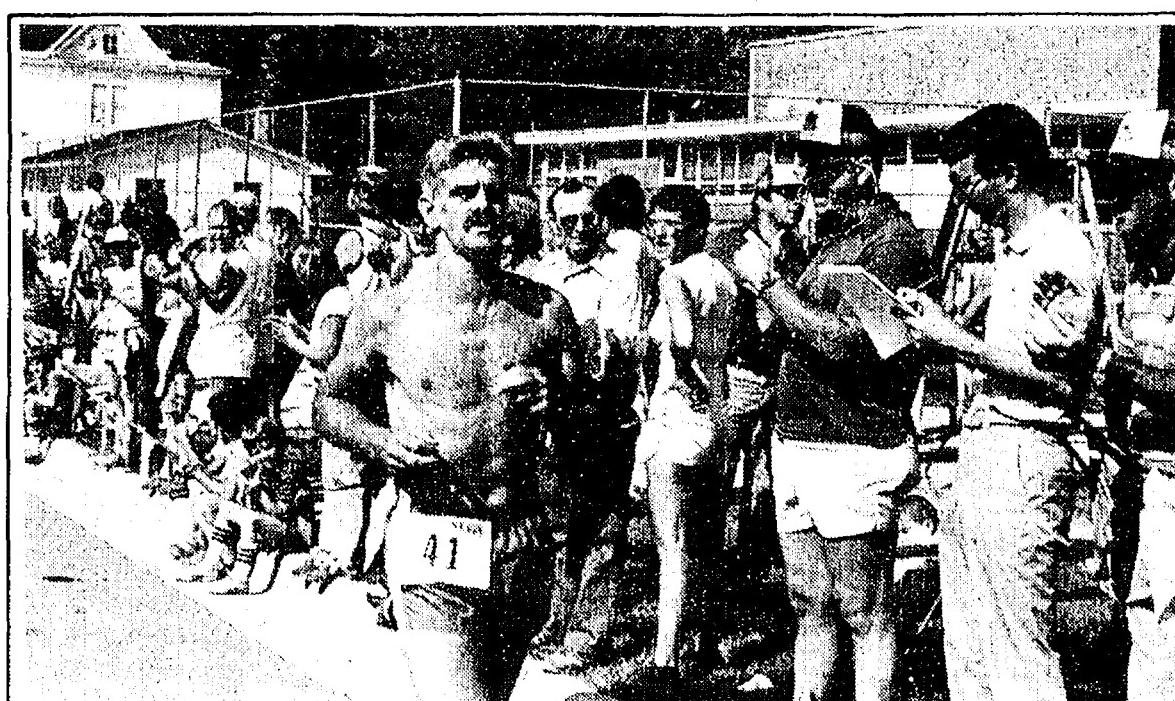
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QUALIFIES FOR BOSTON MARATHON — Larry Yoder, shown above finishing in the Milltown 10K race, will be the first Grayling runner to race in the prestigious Boston Marathon April 16.

Grayling Runner Heads For Boston Marathon

By Jon Thompson

Less than four years ago, at the age of 40, Larry Yoder decided to try a little jogging to get into shape.

Now, in less than three weeks, he'll join an elite band of runners in the famous Boston Marathon.

"I got serious about running after the first Milltown 10-kilometer race in 1980," Yoder said. "I knew I could do better."

Yoder finished in 48 minutes & 6 seconds - 42nd out of 76 runners. A respectable finish for a 40-year-old running in his first race ever — but obviously not good enough for Yoder.

The next Milltown 10K race Yoder clipped more than 8 minutes off his time to finish at 39:53. At the next year's Milltown race, Yoder didn't get older, as the saying goes, he got better. At age 43 he beat dozens of younger racers on a hot, humid morning to become the first Crawford County runner across the finish line at the 3rd Annual Milltown 10K (6.2 miles).

On April 1 from 12 noon to 4 p.m. Jay Stephan will demonstrate riverboats, Cheryl Stephan, glass etching, and Wayne Stockton, fly tying. From 4-8 p.m. Elaine Siwula, painting, and Helen

In 1983, Yoder continued his improvement logging his fastest 10K time of 38:12 at a Fife Lake race. He also clocked a 2 hour and 59 minute time at Traverse City in his first attempt at a marathon. His first try was good enough to qualify him for the classic Boston Marathon this April 16th.

"Two years ago I set my sights on qualifying for Boston," he said. "My goal there will be to finish under 3 hours and 10 minutes to qualify again."

Yoder was running about 20 miles a week during the early harsh part of this winter. Around February 1st, he pushed his mileage up to 40 a week to prepare for Boston and in March he went up to 60 miles a week. Last weekend he pushed his long workout of the week up to 20 miles.

During the summer Yoder usually races every weekend somewhere in northern Michigan.

"There are enough races now so you usually don't have to drive too far," he said. "If it wasn't for races I probably wouldn't be running now," he added.

Artrain Features Local Artists, Tours for School Children

Outstanding local artists will be demonstrating their work during the five day Artrain exhibit in Grayling.

The March 31 to April 4 program will feature many different experts each day.

On March 31 from 12 noon to 4 p.m. Bernie Dosch will demonstrate basket weaving and Marj Shipe, pen

and ink drawing. From 4-8 p.m. Dan Schrock, woodcarving, Connie VanDeVen, potter.

On April 1 from 12 noon to 4 p.m. Jay Stephan will demonstrate riverboats, Cheryl Stephan, glass etching, and Wayne Stockton, fly tying. From 4-8 p.m. Elaine Siwula, painting, and Helen

Keighley, watercolor.

On Monday, April 2, Cathy Hickey will demonstrate basket weaving from 9 a.m. to 1 p.m., and from 4-8 p.m. Mildred Ziegler, china painting and Kathryn Yatich, pottery.

The artists for April 3 from 9 a.m. to 1 p.m. will be Jane See Artrain on Page 9

Vandals Cause 550-Gallon Brine and Waste-Oil Spill

By Jon Thompson

Approximately 550 gallons of brine and waste oil was discharged onto the ground Tuesday, March 20, near a well used by two county road commissions off of North Down River Rd. near Kellogg Bridge. The spill was apparently caused by vandals who switched on a discharge line.

Crawford County Road Commission manager-engineer John Keir said about 500 gallons of brine and 50 gallons of waste-oil was discharged between approximately 3:30 p.m. when one of the road commissions last was at the site and 6:30 p.m. when the line was turned off.

Tom Crawford, of Grayling, reported the spill to authorities when he noticed the open line while four-wheeling in the area.

Keir said Crawford County Road Com-

mission workers were able to clean up most of the oil with straw the next day. He said most of the brine was trapped above the frozen ground and they were able to contain it by digging a ditch. By Friday, most of the brine had been pumped back into a retaining well and the oil had been removed by using straw.

The well is used by both Crawford and Oscoda road commissions to fill trucks with brine. Keir said normally a box containing the switch for the discharge line is kept locked. Road commission workers and DNR personnel who rushed to the scene Tuesday were unable to tell if the lock had been left open or if a key had been used to open the box. Keir said the lock had a fairly common key to it and there would have been dozens of keys around that might have worked on it. A new lock has been placed on the box.

Master Plan Calls For \$37 Million In Camp Improvements

By Jon Thompson

A proposed Camp Grayling construction program outlines 24 major projects costing more than \$37 million.

Congressman Don Albosta asked Congress last week for about \$9 million to start six of the 24 projects during the 1985 fiscal year (see story above).

Among the remaining 18 projects, the two biggest and most expensive are designed to end violations of Environmental Protection Agency standards for water and sewage systems.

The military master plan for improving Camp Grayling calls for "disaster proof" systems at a cost of \$4.5 million for a waste water system and \$3.5 million for a water system.

The other 16 projects are as follows:

* Troop Command Headquarters - \$200,000.

* Rail dock for M.A.T.E.S. - \$275,000.

* Railroad spur or railhead for camp and local industry - \$4,900,000.

* Fuel dispensing facility - \$800,000.

* Upgrading roads and tank trails - \$1.2 million.

* Range improvements - \$1 million.

* Fencing ranges - \$500,000.

* Incinerator Improvement - \$1.6 million.

* Expanding heating system and natural gas distribution system - \$1.2 million.

* Expanding parking - \$425,000.

* Facility Engineer - \$272,000.

* Battalion Supply Buildings - \$2,100,000.

* South Access Road linking Military Road with Howe Road west of Eleventh St. This road would also be connected to the new ammunition supply depot - \$175,000.

* Upgrading camp roads - \$2,150,000.

* Parachute rigging facility - \$175,000.

* Upgrading Grayling Army Airfield by adding six 200-man barracks, three 200-man mess halls, eight 20-man BOQs, two battalion headquarters, and two battalion storage buildings - \$3,250,000.

Iron Workers Picket K mart Construction

By Jon Thompson

The Iron Workers Local No. 25, based in Saginaw, began picketing the K mart construction site in Grayling Monday morning.

The union is also passing out handbills at downtown shopping centers asking people not to shop at K mart stores because two new stores in Grayling and Oscoda are being built with non-union labor.

Pat LaFave, from West Branch, was one of three iron workers picketing Monday morning. He said communities suffer in the long run from poor quality construction by non-union labor.

He also said using non-union labor forces a drop in minimum wages.

"These guys working construction jobs for \$3-5 an hour are eventually going to drive down minimum wages," LaFave said. "If these guys take skilled jobs for \$3 an hour, what's that going to do to the people only making minimum wage right now?"

Rick Van Hoorebe

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3rd Week - Betty Sencoch — 3076 Old Farm Rd. — Flint

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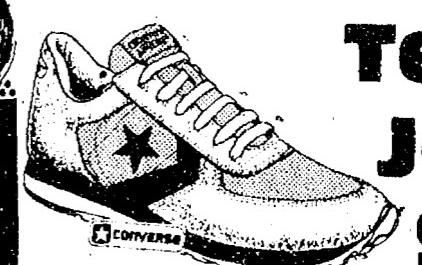
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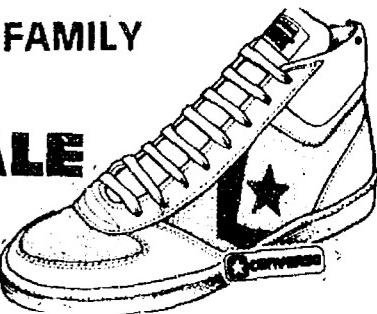
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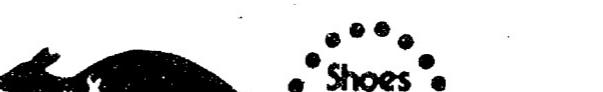


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Grayling, Michigan—Thurs., March 29, 1984

Whitney Madsen



From Our Corner...

It's really too nice this Sunday afternoon to even try to think about writing a column, temperature crowding 50, but then, if we don't make an attempt today to start filling this turkey all that does is put the pressure-cooker on for Monday and Monday evening and that we really don't care for...a while back we used to wait right up to Monday night before we even started...we broke that habit, it just got too much for the ol' fella to handle on a Monday night...and besides we found out we like this way better...half a column on Sunday afternoon, if needed, and the final portion on Monday...

* * *

We spent a portion of Sunday morning getting our stuff together with our bride for Uncle Sam...this is the time of year we hate most...seems like the government takes enough throughout the year by nibbling away and then on April 15th if you're not ready for our dear Uncle he surely will take an over size bite...and the biggest problem is that if he doesn't think he's got his fair share of the bite, plan on spending some time with an IRS agent...papers and magazines during this time have all kinds of suggestions on how to save from paying taxes...the problem is, you have to be a CAP or possibly an attorney to decipher what they are writing about...

The adage holds true, there are two things a person can be sure of, and that is death and taxes...we are not afraid of dying, because we believe in the deity...but, we are afraid of the IRS...only because they can be the first cousin of the gestapo...if you don't pay, what they think you should pay, they come in and take what they want, and gosh, we don't want to lose our davenport and chair that we have had for about 35 years, our TV of 15 year vintage, that 60 by 120 piece of real estate we own, our bride's collection of Danish Christmas plates, and heaven forbid her collection of tea pots from yard sales that took up her weekends finding...

It just dawned on us, we wonder if we could take off all the bowling trophies we have accumulated throughout the years that we donated to the youth bowling leagues, wouldn't that be something like the art that millionaires donate for the cause and take it off their income tax...just a tongue in cheek thought...maybe living in Russia isn't all that bad...at least you don't have anything to lose, the state owns you lock, stock and barrel...you go to work like a zombie and come home like a zombie, what you own is on your back...it's not like here in the good old United States, one lives in grandeur for 11 months, 14 days then Uncle Sam takes what he wants, and you had better be ready to give...that's the good old American way, death and taxes, unless you have a smart attorney that knows the loopholes and can get you out of some of the taxes...only the deity has the answer for the other...

* * *

We're going to have to try and get home a little earlier than normal tonight...Judge Emil was just in the office and reminded us that Go Blue Michigan is on TV as they play in the semi-finals of the NIT tournament in New York at 6:30...maybe we can catch a little bit of the game...they are the last of the Big Ten representatives in either the NCAA or NIT to be still alive...it will be smile or cry Tuesday morning...

* * *

It is beginning to look like we're going to have to wait until Dane gets here from Nevada before any more progress will be made on having our den ready for occupancy...there for awhile it was going along real well then other things turned up and sort of put a crimp to our moving in...there really isn't that much to go...it's just finding a place for the stuff that is in the way...we threw this in for those who were interested in our den...it really is in the winter time that we would like to have it, that way we wouldn't have to get out in the elements on Sundays...summer time we don't mind the walk down to the office...speaking of summer...it just hit me, we better get moved before golf starts or surely it will be next winter before anything is done...

* * *

This takes care of this week's turkey, so we will bid T.J., Stefany and Amber goodnight, and to all of our readers have a nice weekend, the weather is coming our way now...

* * *

Interesting Events In Grayling 23 Years Ago

INTERESTING ITEMS OF NEWS GATHERED FROM THE FILES OF THE AVALANCHE OF 23 YEARS AGO

23 Years Ago
March 30, 1961

Miss Shirley Ann Hoerl, daughter of Mr. and Mrs. Harry H. Hoerl, became the bride of John M. Linendoll, son of the late Mr. and Mrs. Homer Linendoll of Gaylord, at Mt. Hope Lutheran Church on Saturday, March 18th. Attending the bride as matron of honor was her sister, Mrs. James Kolka, with Mrs. Dale Peterson and Miss Marguerite LaMotte as bridesmaids. The bride's nieces, Lynn Carol Kolka and Nancy Lee Kolka, were flower girls. Dale Peterson was best man, with Chester Johnston, James Kolka, John Rolfe and Ken Chapp serving as ushers. A reception was held at the Bowhunters Club following the wedding.

The Underground Forest All-Stars won their final cage battle of the season last Wednesday night at Roscommon against a picked team from the host city. The All-Stars with this win before a packed house set a season's record of 29 wins out of 31 games.

Mr. and Mrs. Bruce Smith and Mr. and Mrs. Ward Ellison were in Lansing over the weekend to attend the basketball tournament finals.

Mr. and Mrs. Marlin Weaver have a daughter, Myra Jean, born on March 24th. She weighed 6 lbs. 14 ozs.

Mr. and Mrs. Tom Douglas and family were Sunday dinner guests at the home of Miss Margaret Douglas.

Richard Bielski was ordained as a Baptist minister on March 19th, at the Locust Grove Church. Mr. Bielski gave testimony concerning his conversion and call to the ministry. He is presently a student at Mercer University, and pastor of the Logwall Baptist Church near Forsyth, Ga. The Bielski family are living at Macon, Ga. Mrs. Bielski is employed with the Georgia Forestry Commission. They have two children, Marcella, 10 and Joel 5.

* * *

46 Years Ago
March 31, 1938

Grayling's new authorized Gamble Store Agency located in the old post office building will be opened Friday, April 1st. E.R. Burns, owner and manager, has been busily engaged for some time getting the store set up for the opening.

Mr. and Mrs. Carl Madsen and son Svend of Gaylord spent Sunday visiting Mr. and Mrs. Peter Petersen.

Yesterday we could have written beautiful weather for the thermometer went to 68 above and old Sol shone down in great fashion, but today chill wind is blowing and it is growing colder and at noon the temperature is 45 degrees. One day the last of the week we enjoyed a day of 75 degrees.

A daughter was born to Mr. and Mrs. Norman Johnson of Beaver Creek on March 29th.

Friends and relatives helped to celebrate the first birthday of Marion Jean O'Connor, of Red Dog Club, and also the birthday of Mrs. Ted Baynham, of Lincoln Lodge, Tuesday. A lovely lunch was served with a two-tiered birthday cake as the centerpiece for the table. The

top tier represented the birthday of little Marion Jean and the bottom tier that of Mrs. Baynham. Each received many lovely gifts.

Mr. and Mrs. Carl Hanson, Mrs. Marie Hanson and Menno Corwin spent Sunday in Saginaw visiting Mr. and Mrs. Holger Hanson.

Mr. and Mrs. Henry LaBrash and daughter Joyce returned to their home in Flint Wednesday after spending a week here visiting the former's parents.

Mr. and Mrs. Mike Brenner and son Clarence of Flint spent Sunday here calling on old friends.

Mr. and Mrs. Frank Barker of Flint spent the weekend visiting the latter's brother and wife, Mr. and Mrs. Hjalmar Mortenson.

* * *

69 Years Ago
April 1, 1915

Mrs. C.A. Canfield is visiting her parents in Gladwin.

McCullough's barber shop has installed a fine electric lighted revolving barber sign.

Miss Augusta Kraus entertained the All City basketball team and a few of her friends at her home last Saturday evening. The forepart of the evening was spent socially and at 11:30 a chop suey luncheon was much enjoyed.

Mr. and Mrs. C.W. Wight, Allen Failing and daughter Francella, Mr. and Mrs. Esbern Olson and baby Junior and the Misses Bessie and Wilda Failing spent Sunday at the farm home of Mr. and Mrs. John C. Failing at Beaver Creek, the occasion being Mr. Failing's seventy-second birthday.

Charles Sullivan and family of Frederic have moved to this city.

Chris Olsen, who has been attending Ferris Institute, arrived Sunday morning from Big Rapids and has taken the position at the Salling, Hanson company office, recently held by H. Benkleman, who leaves for Detroit where his family resides.

Harvey Wheeler, who has been driving the delivery wagon for some time for the Salling, Hanson Company store, has embarked in the dry business for himself.

Mr. and Mrs. Esbern Hanson returned Monday from a six week's trip, most of which was spent in California seeing the Panama exposition and visiting other cities in that state. Miss Margrethe Hanson, who spent the winter in San Diego, returned with them. Also Mrs. L. Fournier returned from the Exposition city with the party to her home in Royal Oak.

Senior Citizens

Special Program Series

At 1:30 p.m. Monday, April 2nd, Ruth Fenton is planning to join us and share some of her fabulous cake decorating secrets. We'll have cookies for everyone to decorate and a cup of coffee for each one to have with the finished product you create. Plan to be with us for some fun and finger lickin'.

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The Bible Speaks

From Calvary Baptist Church



Little Miss Human

Case #82-1901-5

While one picture is said to be worth a thousand words, this picture is of one little girl from among the 16,000 victims of abortion found in a container in the backyard of a Los Angeles pathologist.

Had this little girl been born to Jewish parents in Germany 40 or 50 years ago, she would possibly have died in a gas chamber in Auschwitz. Had she been born to black parents in the south 150 years ago, she would have probably been abused as a subhuman slave. But since she was conceived in the 1980's in our nation, she has been denied both the right of birth, and the right of common burial. Only her mother's rights were important.

Many of us believe the references of Jesus to little children in Matthew 18:1-4 could be applied also to children before birth. Therefore, this little girl is one of the greatest in the kingdom of heaven today. (Matt 18:1-4). The rejection of this little girl is the rejection of Jesus Christ and His image in her. (Matt 18:5). The people who used salt poisoning abortion to kill this little girl would have been better off drowned in the sea. (Matt 18:6). The

one who did this cruel deed would have been better off with his hands and feet cut off, and his eyes plucked out, than to go to Hell over abortions. (Matt 18:7-9). The killing of this little girl offends the angels who represent her before God. (Matt 18:10). Jesus Christ came to earth to save babies too. (Matt 18:11). It is not the will of God the Father that babies perish by abortion. (Matt 18:14).

The people who had a part in this death of human life will someday stand in judgment before an angry God. Those of us who claim to be Christians will also face God someday and answer for our apathy and indifference. What are you and I doing to protect our most innocent and helpless little neighbors from such violent, inhuman massacre? (adv.)

Pastor Barnett

Protection is in the Well

3 Crawford Co. Avalanche Thurs., March 29, 1984

SAY YES TO TROUT UNLIMITED

The George W. Mason Chapter and the William Marshon Chapter completed a bank restoration project on the South Branch.

Homeowners Insurance?

One name says it best.

The Grayling Insurance Agency

LIFE — HOME — BUSINESS — CAR

120 Michigan Avenue
Grayling, Mich. Phone 348-2851

Auto-Owners Insurance
Life. Home. Car. Business. One name says it all.

BETTER SAFE SCHOOL'S IN-DRIVE CARBON

Grayling Water Wells

NOW....

TO BETTER SERVE YOU IN YOUR WATER SYSTEM NEEDS

All 4" galvanized well systems are warranted to be free of defects in material or workmanship for a period of five (5) years to original owner. Any failure due to defects in material or workmanship will be repaired or replaced promptly...free of cost to original owner!!!

Protection is in the Well

DISCOUNT TO SENIOR CITIZENS

24 HOUR RADIO DISPATCHED

Complete Well Drilling and Pump Service
WELL PITS AND SEPTIC SYSTEMS

FREE ESTIMATES Phone 348-9467

always Fine Dining at the... *Chief Shoppenagans* Motor Hotel

Nightly Specials

Thursday
Chef's Steak

Monday
Smoked Chops

Tuesday
Prime Rib

Sunday
Fried Chicken

Be a Member!
Join the Mug Club

Now Serving in the... PIONEER ROOM

Soup - Salad & Sandwich Bar

:: Luncheon Only ::

Combination \$2.95
of Two

All Three \$3.95

Try our "Attitude Adjustment" 4 to 6 Mon.-Fri.

Featuring Larry Brooks at the Piano

ENJOY SPARE RIBS
On Wednesday \$4.95

OUR SPECIALTY

Saturday Night Buffet



Now Playing

In The

Pioneer Room

Thursday, Friday & Saturday

"LaCroix"

"The North's Finest"

Phone 348-6071



Downtown Grayling

Classifieds

Classified Ads MUST be Paid for in Advance.

**CLASSIFIEDS MUST BE PAID FOR BY MONDAY 5 P.M.
TO APPEAR IN THAT WEEK'S ISSUE.**

Minimum \$1.75 for 20 words or less, 10¢ for each additional word.

Looking For A Starter Home?



OLD LAKE ROAD - 3 BEDROOM, 1 bath, home in a nice subdivision, fenced backyard. No. 958 \$29,500.00



CITY OF GRAYLING - NICE 3 BEDROOM, 1 bath home, full basement, fenced yard, washer/dryer, stove/refrig. and wood stove included in sale. No. 658 \$35,500.00

Call Dave Lowe for more information.

The Affordable Home People
Put Number 1 to work for you.

Century 21
River Country Real Estate

5688 M-72 West — Grayling
348-5474

EACH OFFICE IS INDEPENDENTLY OWNED

UPHOLSTERY

BY SHIRLEY

Fabric Samples to Choose from
or your own.

348-5679

-3/24f

1982 LAND ATLAS Plat Book and Sportsman Guide for Crawford County is available at the Crawford County Avalanche for \$10 per copy. For mail orders add \$1.00 for postage and handling, and send to the Avalanche, P.O. Box 490, Grayling, MI 49738 -7/15f.

LOG SPLITTER, For Rent, Pro-Mart Home Center. Ph. 348-2931. -3/8ft

QUALITY CARPETING & FLOOR COVERING Professional Carpet Cleaning & Installation WSS WILSTE CARPET SALES & SERVICE 126 BARBARA ST. GRAYLING - 348-8656

CHILD CARE SERVICES—Do you care for children in your home? If so, sign up for U.S.D.A. cash reimbursement food program. Call Mid-Michigan Child Care Centers, Inc. (517) 839-9835 collect. -8/11f

EXHAUST SYSTEMS You buy our parts - and we install them on your car. [Manifold work excluded] LABOR FREE SCHERER MOTORS 348-5451 5/11f

FOR SALE—Western Plow, 6 ft. manual turn - \$700.00. Call 348-5516. -1/19f

WANTED—Collections, accumulations & hoards of baseball cards, comics, coins, stamps, post cards, etc. Call 821-9242 anytime weekdays. No answer - keep trying. -15-22-29-

Comfortable and Affordable Senior Citizen Housing

Located In Gaylord

A facility dedicated to preserving the quality of life. Individual one bedroom apartments subsidized by Section 8 with many services available.

Services Available:

1. Housekeeping service
2. Nutritional and health assessments
3. Supervision for medications



Stop By! We're conveniently located off of M32, East of I-75, Ohio north to Random Lane.

EQUAL HOUSING OPPORTUNITY

Office Hours: 9:50 Monday — Friday

504 Random Lane Gaylord, MI 49735 (517) 732-4758

MOBILE HOMES, including property, five to choose from. Low as \$1500.00 down. Use as rental, retiring, starter or recreational home. Flexible terms 348-6391. -2/2tf

KAMPH'S GARBAGE & TRASH
348-8806
-8/11f

MANISTEE RIVER HOME on 2 acres, 3 bedrooms and garage. Blacktop road, excellent view, 12% assumable interest rate, \$49,900 or offer broker. Ph. 517/348-6391. -2/23tf

MCLEOD'S WINDOW CLEANING SERVICE Commercial Window Cleaning done at Reasonable Rates. CALL FOR FREE ESTIMATE 517/732-9810 -10/20f

LOT FOR SALE—Sherwood Forest No. 2, No. 86 will accept terms. 517-725-6547 or 313-294-4346. 500 W. Wilkinson, Owosso, Mi. 48867. -12/29f

TAX SALE NOTICE

Anyone requesting a copy of the Avalanche for property tax list, please submit \$1.00 to cover the cost of copy and handling.

FOR SALE—1 set, Pickup Truck Bedside Construction Tool Boxes. \$175.00 Ph. 348-5516. -1/12f

Floyd Millikin Bulldozing & Excavating 8811K West Legner Trail Grayling, Michigan 49738 Phone: 348-9222 -5/20f

WANTED — Four-man tent in good condition. Please call 348-9359 evenings. -29-5

APPLICATIONS are being accepted for substitute teaching positions in the Crawford AuSable School District. Minimum of 120 college credit hours (6 in education) required. 403 Michigan Avenue, Grayling, telephone 348-7641. -29-5

"ANTIQUES" Market, Ionia Fairgrounds, on M-66, S. of M-21 of I-96; 3rd Sunday, June thru Sept. 150 inside and outside spaces (space only \$20.00); entry only \$1.00; Free Parking! Purseys, Box 70173, Lansing, Mi. 48907; 517-485-4409. -29-

FOR RENT—mostly furnished house, main branch AuSable river, 3 bedroom A-frame, near Stephan Bridge \$300.00 per month, \$300.00 security plus utilities. Ph. 348-8466. -3/29f

MILLTOWN TRADERS M-72 West — Grayling 348-6391

Wash, Wax Special

From \$19.95

Also Custom Cleaning Seats, Carpets, Engines

Call 348-6391 -1/12f

USA BUILDINGS — Agricultural - Commercial, full factory warranty, all steel-clear span, smallest building 30 x 40 x 10, largest 70 x 135 x 16. 30, 40, 50, 60 ft. widths in various lengths. Call 24 hours 1-800-482-4242 Extension 540. Must sell cheap immediately, will deliver FOB to building site. -29-

Licensed Builder 348-8945 P.O. BOX 652 GRAYLING, MI. 49738 New Homes, Additions Remodeling - Garages Masonry Work -5/34f

FOR SALE—1977 GMC, 4 wheel drive, 3/4 ton P-U, dual tanks, P.S., P.B., auto. trans. \$4,000.00 Call Tina at 348-6474 or 348-2565 after 5 p.m. -3/15f

Misty Pine Cafe Greater Downtown Grayling Fri. night Fish Fry 5:00 - 8:30 All You Can Eat - \$3.95 PIZZA 348-3141 -12/23f

ATTENTION — San Sheri Restaurant now serving family style chicken dinner on Sundays. Senior Citizen special everyday, \$2.99, includes salad bar. Old 27 North, Grayling. -3/29f

FOR SALE — MAKE YOUR OWN DEAL — Newly redecorated 2 bedroom home in city of Grayling on 2 nice lots, one stall garage and separate out building. Assume mortgage (11 1/2%) or land contract. Low down. 616/258-5531 evenings. -3/29f

PIANO SERVICE — Leave orders for piano tuning at Avalanche office or call or write Atkins Pianos, 620 S.E. 4th St., Clare, Mi. 48617. Phone 386-9879. -10/11f

CRAWFORD CO. COLLISION FREE LOANER CARS AVAILABLE.

FREE ESTIMATES, FREE PICK UP AND DELIVERY. 1 1/2 miles N. on Old 27 Ph. 348-7792 Grayling, Mich. -29f

FELLOWSHIP, 7:00 p.m., second and fourth Thursdays, Church of the Nazarene basement, 501 Michigan Ave. 348-5852 1-8-16-22-29

LAKE MARGARETHE

ACCEES — TRI-LEVEL — 4 BEDROOM — 2 1/2 baths, garage, basement. Well insulated, wood stove, over 2,500 sq. ft. of living space. Large wooded, rolling lot, only \$63,900.00.

ACREAGE — Up to 10 Acres sites near or on water, rolling, well wooded, excellent terms

AuSable Manistee Realty, Inc.

Your Northern Michigan Property Specialists

2247 S. Grayling Road [I-75 Bus. Loop] P.O. Box 565, Grayling, Michigan 49738 Ph. 517/348-6211

FOR SALE—1976 Cougar XR7, Power windows, steering and brakes, tilt wheel, cruise control, excellent running, \$1300.00 or Best Offer. Ph. 348-9500. -29-5

BUSINESS Opportunities—

Join the ice cream cone revolution. Ask about "Big OLAF", the cone you bake fresh. For new and existing stores. Contact: B O C Distributors, Inc. 206 Broadway, Bay City, Mi 48706 (517) 893-8621. -29-5-12-19

FOR RENT—1 bedroom duplex, Grayling Mobile Estates, \$250.00 per month, utilities included. Phone 348-5203. -11/24f

FOR LEASE—600 sq. ft. office space - West M-72 inside city limits, can be split. Excellent exposure, \$325.00 month, utilities included. Ideal for CPA, Realtor, Lawyer etc. (517) 348-6561. -3/22f

NEW IN TOWN & SINGLE?

Meet other Christian Singles at our interdenominational Singles Christian Fellowship!

7:00 p.m. Second and Fourth Thursdays, Sponsored by the Grayling Church of the Nazarene, 107 Woodleaf. Ph. 348-5852. -29-

REMEMBER THE GOLDEN TOUCH OPEN THURSDAY EVENINGS UNTIL 9:00 P.M. CALL FOR AN APPOINTMENT 348-5212 -9/21f

HARD WOOD — firewood, \$30.00 per face cord, split & delivered, custom cut, quantity discount. Call 348-7013. -11/24f

To Get Your Septic Tank Pumped.

JACK MILLIKIN, INC.

348-8411 -10/11f

FOR SALE AT 1/2 REPLACEMENT COST—Business Building and Frontage - Located at 303 James (I-75 Business Loop) in city of Grayling. All masonry, full span steel deck, 2100 sq. ft. main floor, partial basement, zoned hot water heat, modern glass front, new guaranteed commercial roof, paved parking lot, in an established business area. Owner will carry contract. Call for showing 348-5642 evenings. -12/1f

HALL FOR RENT

Frederick Hobby Club

Call 348-8008 or

348-2415. -11/24f

FOR SALE AT 1/2 REPLACEMENT COST—Business Building and Frontage - Located at 303 James (I-75 Business Loop) in city of Grayling. All masonry, full span steel deck, 2100 sq. ft. main floor, partial basement, zoned hot water heat, modern glass front, new guaranteed commercial roof, paved parking lot, in an established business area. Owner will carry contract. Call for showing 348-5642 evenings. -12/1f

HONDA OPEN HOUSE

MARCH 17 THROUGH APRIL 15, 1984

AT LAKE MARGRETHE

Open 9 to 6 Daily

MINI STORAGE AVAILABLE

Terry's Sport Center and Mini-Storage

M-72, 3 Miles West of Grayling—Phone 348-7513

COMING—St. Mary's Spring Fashion Show, April 7th.

Phone 348-6241

525 N. Grayling Road

We are more than just Bottle Gas

Check our Showroom for Brand Name

L.P. & Natural Gas

Furnaces, Dryers, Ranges,

Gas Grills & Water Heaters

Also Bug Lights, Refrigerators,

Washers, Water Softeners &

Water Softener Salt.

Phone (517) 348-6241

525 N. Grayling Road

GRAYLING TRANSMISSION & RADIATOR

348-8309 or 348-5222 -12/23f

THE 1ST HUNDRED YEARS

Grayling's Centennial book

had another printing due to the numerous requests received for same.

Copies are available for \$6.00 from the Crawford County Avalanche Office, Cornell Realty, Rocchette's Party Store. For mail orders add \$1.00 for postage & handling. -7/24f

FOR RENT—1 bedroom efficiency cabin, 1 1/2 miles from town, \$200.00 month & deposit, includes utilities, trash pickup & snow plowing. 348-2010 days, 348-8713 evenings. -2/2f

FOR NEW HOMES AND REMODELING SEE

RICHARD GILDNER

Self-Employed Builder

For Over 20 Years

★ LICENSED ★

Call 348-2928

Or Write P.O. Box 197

Grayling, MI 49738

4/34f

ATTENTION — San Sheri Restaurant now serving family style chicken dinner on Sundays. Senior Citizen special everyday, \$2.99, includes salad bar. Old 27 North, Grayling. -3/29f

FOR SALE — MAKE YOUR OWN

Put Yourself in the Marketplace, in the

Classifieds

FOR SALE—1976 G.M.C., four wheel drive, short bed, warn hubs, roll bar, new paint, body solid. \$3500.00. Ph. 348-2861 or 348-3746. -2/18ft.

GRAYLING TRANSMISSION & RADIATOR
348-8309 or 348-5222
-1/23ft.

FOR RENT — By Week or Month, modern one bedroom trailer and efficiency units completely furnished, satellite T.V., one mile north of Grayling. One or two people occupancy, Reasonable Rates, No Pets. Ph. 348-4391. -29.

Chimney Cleaning

Fireplaces, woodstoves, Fireplace Inserts. Clean, High Powered Vacuum Service.

by Mark Zelek
348-8757
-22-29-5.

FOR SALE—Topper for full size pickup truck, \$100.00. Call days 8-5. Ph. 348-2861. -2/23ft.

Peterson Construction

Custom Cabinets Remodeling - Roofing New Homes - Additions

FREE ESTIMATES

DAN PETERSON
(517) 348-5772
GRAYLING
LICENSED & INSURED
-1/20ft.

WOODBURNINGS & GLASS ETCHINGS For Sale at Grayling Glass. Also furniture stripping & custom art work done. Call Cheryl, 348-5651. -1/12ft.

FOR SALE—7½ ft. Western Hydro-turn Snowplow, \$800.00; 8 ft. Cab-over Camper, \$1200.00; King size bed, \$200.00. Ph. 348-7129 or 348-5651. -2/8ft.

TWO BEDROOM HOUSE FOR SALE

On Michigan Ave., basement, car port, ample closets and cupboards, new carpeting, curtains, appliances included, gas hot water heat, nicely decorated, easy maintenance.

Call **618/643-8728**
TOM DOUGLAS
P.O. Box 1088
Traverse City, MI 49655
-12/16ft.

FOR RENT—2 bedroom mobile home, No Pets. Ph. 348-5824 or inquire at Green's Northern Pines Cabins in Frederic. -22-29.

MATURITY BABYSITTER WANTED—Contact Linda Green at 348-5824 after 5:00 p.m. -22-29.

HALL FOR RENT
Large Parking Lot
CONTACT
EAGLES CLUB
348-5287
-8-15-22-29.

FOR RENT — Furnished Apartment. Single occupancy Only. Responsible person. No Pets. \$270.00 per month includes utilities and cable T.V. 348-9626. -3/22ft.

FOR SALE—1979 Chevy Luv, 4WD with topper; also 1979 Honda Civic CVCC. Both in very good mechanical condition, priced for immediate sale, 348-9276 after 6:00 p.m. -22-29.

PERSONAL & BUSINESS TAXES DAYTIME OR EVENING HOURS

Don's Bookkeeping & Tax Service

DON PRAUSE — ACCOUNTANT

Rt. 1, Box 1512
Grayling, Mich. 49738

517-348-5550

LR4/12

Mary Kay COSMETICS
"See what Mary Kay Cosmetics can do for you!"
For a complimentary facial.
Call Janet Dice-**348-8808**
PLAN NOW to attend St. Mary's Annual Spring Fashion Show. See the latest spring fashions for the whole family. April 7th. -29.

lr 4/5

Houghton Heights Manor

For low income Senior Citizen or disabled person. Stove and refrigerator furnished. Laundromat in each building.

Everyone welcome in community room, where we gather once a month for potluck and play bingo every Monday night.

Come and Join our Happy Group

THINK SPRING!!

Ph. (517) 422-5427

Equal Housing Opportunity

Spring Special

*New AC Filter \$14.88

FREE 10 point inspection

- 1. Check operation of all lights
 - 2. Check all belts for wear
 - 3. Visual inspection of cooling system
 - 4. Check all u-joints for looseness
 - 5. Inspect steering mechanism
 - 6. Inspect all shocks for leaks
 - 7. Check tires for wear
 - 8. Inspect air cleaner element
 - 9. Inspect wiper blades
 - 10. Inspect complete exhaust *
- *FREE LABOR ON ALL PARTS PURCHASED FROM US!
(Manifold work excluded)

CALL TODAY FOR AN APPOINTMENT
Scheer Motors Inc.

348-5451

QUALITY SERVICE PARTS
GENERAL MOTORS PARTS DIVISION

Classifieds

FOR SALE—Car & Truck stuff. Rebuilt 400 turbo transmission - \$250.00; 2 bench Van seats - \$75.00 each; 2 vinyl buckets - \$50.00 each; 4-16.5 x 9.50 wheels and tires 8 lug, \$150.00; 5-16.5 x 8 lug white spokes, \$60.00; (4) 15" 5 lug chrome spokes, \$80.00. Milltown Traders. 348-6391. -2/8ft.

FOR SALE—7½ ft. Western Hydro-turn Snowplow, \$800.00; 8 ft. Cab-over Camper, \$1200.00; King size bed, \$200.00. Ph. 348-7129 or 348-5651. -2/9ft.

TWO BEDROOM HOUSE FOR SALE

On Michigan Ave., basement, car port, ample closets and cupboards, new carpeting, curtains, appliances included, gas hot water heat, nicely decorated, easy maintenance.

Call **618/643-8728**
TOM DOUGLAS
P.O. Box 1088
Traverse City, MI 49655
-12/16ft.

FOR RENT—Large older home on 3 city lots, 2 blocks from hospital on Michigan Avenue. Zoned for family business, professional, Doctor, Lawyer, Dentist, etc. \$54,900.00 Ph. 348-6391. Rick. -2/8ft.

FOR RENT—2 bedroom mobile home, No Pets. Ph. 348-5824 or inquire at Green's Northern Pines Cabins in Frederic. -22-29.

MATURITY BABYSITTER WANTED—Contact Linda Green at 348-5824 after 5:00 p.m. -22-29.

HALL FOR RENT
Large Parking Lot
CONTACT
EAGLES CLUB
348-5287
-8-15-22-29.

FOR RENT — Furnished Apartment. Single occupancy Only. Responsible person. No Pets. \$270.00 per month includes utilities and cable T.V. 348-9626. -3/22ft.

FOR SALE—1979 Chevy Luv, 4WD with topper; also 1979 Honda Civic CVCC. Both in very good mechanical condition, priced for immediate sale, 348-9276 after 6:00 p.m. -22-29.

**PERSONAL & BUSINESS TAXES
DAYTIME OR EVENING HOURS**

Don's Bookkeeping & Tax Service

DON PRAUSE — ACCOUNTANT

Rt. 1, Box 1512
Grayling, Mich. 49738

517-348-5550

LR4/12

TREE TRIMMING AND REMOVAL STUMP GRINDING

ESTIMATES GIVEN FULLY INSURED
JOHN SCHILBE

Roscommon Mi 275-5021
Call after 4 p.m. -3/8ft.

WEBSITE

ODD-JOB ENTERPRISES

Weatherization and home repair advice - No Charge. Carpets cleaned, walls washed or painted. Wallpaper hanging and repair. Drapery rod installation and carpeting services. Other miscellaneous home repairs.

CALL LTC. NORM SCHMOOCK (RET.)
at **348-5132**.
No odd job is too small for Odd-Job. -8-15-22-29.

FOR SALE BY OWNER

Modern 3 bedroom home, Sherwood Forest No. 2, large wooded corner lot, well insulated, alum. siding, wood heat, \$49,900. Shown by Appointment Only. 348-5643 after 5:00 p.m. -4/26.

FOR SALE—Case S10, 28 h.p. 3 wheel tricycle type tractor, unfunctional 3 point hitch, runs good, \$1000.00 Ph. 348-8277. -22-29-5-12.

WE PAY CASH

For These Items:

Antiques and Entire Estates.

Furniture, clocks, player pianos, glassware, china, old quilts, primitives, tins, tools, dolls, toys, pottery, jugs, baskets, old books, music, magazines, prints, jewelry, bottles, oriental rugs, baseball cards, comics, post cards, miscellaneous items.

For Best Deal Call

ROLLIN YORTY

At Higgins Lake
821-9242 any weekday

No answer - Keep Trying -3/22-29.

FOR RENT — 2 bedroom Apartment, near Lake Margrethe. Ph. 348-2666. -3/29ft.

FOR SALE—1982 Mustang GT Boss, black on black, 5.0 liter engine, T top, FM stereo, 33,000 miles, \$6500.00. Ph. 348-3188. -29.

FOR SALE—16 cu. ft. refrigerator, originally \$629.00, now \$459.00; Portable dishwasher, was \$489.00, now \$369.00; 10 cu. ft. chest freezer, was \$349.00, now \$289.00. Call 517-348-5575. -29.

FOR RENT — 2 bedroom Apartment, near Lake Margrethe. Ph. 348-2666. -3/29ft.

FOR SALE—1982 Mustang GT Boss, black on black, 5.0 liter engine, T top, FM stereo, 33,000 miles, \$6500.00. Ph. 348-3188. -29.

FOR SALE—16 cu. ft. refrigerator, originally \$629.00, now \$459.00; Portable dishwasher, was \$489.00, now \$369.00; 10 cu. ft. chest freezer, was \$349.00, now \$289.00. Call 517-348-5575. -29.

FOR RENT — Apartments, 1 bedroom \$250.00, 2 bedroom \$250.00. \$100.00 security required, includes furniture and utilities, adults preferred, No Pets. M-72 east near Chase Bridge Road. Available April 14th. 348-8407. -29.

WOODBURNINGS AND GLASS ETCHINGS For Sale at Bisque & Brush. Also furniture stripping and custom art work done. Call Cheryl Stephan, 348-5651. -1/12ft.

EXPERIENCED Drywall, hanging, finishing, textured ceilings. Ph. 275-8326. -22-29.

FOR SALE—1980 Pinto, 4 speed. \$2,500.00, or Best Offer. Ph. 348-3292. -22-29.

SPRING CLEANING SPECIAL

\$5.00 Off

Thru March 31, 1984

A SLOWER FIRE MEANS MORE CREOSOTE BUILD-UP.

Northwoods Chimney Sweep

348-8776 lr 3/29ft.

FOR RENT—2 bedroom mobile home. Central air, appliances, carpeted, close to main stream. \$210.00 per month plus utilities. \$348-2517. -29.

FOR SALE—Blaze King Wood Stove. Ph. 348-5562. -29-5-12.

FOR SALE—1974 Ford Pickup, F-100 Ph. 348-9752. -29.

GARAGE SALE—Beaver Rd. off of Military Rd. Watch for red signs. Thursday, Friday and Saturday, March 22, 23 & 24. Radial saw, Band saw, hand tools, trailers, wood splitter, dog house, antique dresser, shallow well pump and misc. -29.

AMERICA'S FAMOUS LINCOLN LOG HOMES

NOW SEEKING A DEALER FOR THIS AREA

IF YOU are the person we are looking for the financial opportunity of representing Lincoln Log Homes, a Proven Winner, is unlimited.

- FEATURING -

• Solid, 8" uniform, treated logs.

• Exclusive "weather lok" log corners.

• Two-day training program for all dealers.

• Protected sales territory.

• USSI "Max-Max" solar and fireplace total home heating system that can cut utility up to 60%, installed for under \$6,000.

• Sold in kit form or assembled.

Individual selected model have ability to purchase or more a \$13,000 model home. Call MR. LANCE, (704) 932-6151 Collect! Lincoln Log Homes, 6000 Lumber Lane, Kannapolis, NC 28081.

GRAYLING'S BEST MORTGAGE RATES YET—Buy new or refinance now before rates go back up. The Mortgage Co., Inc., 814 Adams Street, Bay City, Mich. 1-800-322-0521. -3/29ft.

FOR SALE OR TRADE — Commercial building lot on Wakely Bridge Road, \$7500.00. Will take late model travel trailer in trade, must be at least 24 ft. Phone 348-8405. -29-5-12-19.

FOR SALE—By Owner - 3 bedroom home on 10 acres - many extras - terms. Call 348-2292. -29-5-12-19.

FOR SALE—By Owner - 3 bedroom home on 10 acres - many extras - terms. Call 348-2292. -29-5-12-19.

STEAMEX CLEANS CARPET FASTER, BETTER.

Canfield's Trash Service
Call 517/422-3007 or 616/839-2572
• Commercial • Residential • Industrial
Roll-Off Service Available

Gerta's Draperies
"We do windows"
This Week's Special
Drapes For Easter!!
15% OFF
Remember We Will Not Be Undercut!!
★ The ★
Fabrics to Choose From
★ Free Estimates
★ 25 Years Experience
★ Fabrics Shown in your home
GERTA'S DRAPERY
OPEN TUES. THRU SAT.
9 A.M. to 4 P.M.
SATURDAY 'TIL NOON
1349 Old 27 South
Parksid Mini Mall
Gaylord - 732-3340
Why don't you call Gerta's,
Your neighbor already has!
VERY COMPETITIVELY PRICED

ACE
Remember — Call the Lumber Number — 348-2861
Grayling Window & Door
A COMPLETE LUMBER, MILLWORK & HARDWARE CO.
M-72 West. — Hours 8:00-5:00, Mon.-Fri. — Saturday 8 a.m. to 1 p.m.

New Rain Master
VINYL
Gutter System
IN STOCK
WHITE & BROWN
GUTTERS/ DRAIN PIPE

NEW MANAGEMENT
NEW DECOR — NEW MENU

At Doran's

Dining Room Open For Dinner
5:00 - 10:00 p.m. — Except Sundays

★ Early Bird Evening Specials ★
5:00 p.m. to 7:00 p.m.

Monday — Beef Stroganoff
Tuesday — BBQ Pork Ribs
Wednesday — Baked Buttercrumb Cod Au Gratin
Thursday — Veal Soritine
Friday — Cod Platter - \$4.95

348-7024
I-75 Business Loop South — Grayling

Hospital News

Person's admitted to Mercy Hospital this past week are: Christine Case, Viola Feldhauser, Joyce Sorenson, Betty Lou Barrett, Doris Palmer, Helen Young, Edmund Zimmerman, Joshua Langdon, and Gladys Howe of Grayling, Justin Clay, and Denise Roy of Roscommon.

Discharged were: Rose Duby, Christine Case, Emma Mahaney, Doris Palmer, Richard Robbins, Betty Barrett, Helen Youry, Joyce Sorenson, Joshua Langdon and Viola Feldhauser of Grayling.

Wayne and Pamela Welch of Grayling are proud to announce the birth of their baby boy, Jared Wayne, born March 18, 1984 at 1:23 a.m. Jared weighed 9 lbs. 3 1/2 ozs.

James and Christine Case of Grayling are proud to announce the birth of their baby boy, Curtis Johann, born March 18, 1984 at 8:37 p.m. Curtis weighed in at 6 lbs. 13 1/2 ozs.

Roger and Joy Palmer of Grayling are proud to announce the birth of their baby boy, Andrew Jack, born March 20, 1984 at 1:12 a.m. Andrew weighed 8 lbs. 1 1/4 ozs.

V.F.W. to Meet

There will be a V.F.W. meeting on Monday, April 2nd at 7:30 p.m. at the American Legion Hall.

American Legion Auxiliary News

by Laurie Jenson, P.R. Director

Our St. Patrick's Day American Legion Birthday Party was held Saturday night, the 17th down at the Post. We had a super good turn out for it. Word was it that this was the best party in a long time. We are glad that so many enjoyed themselves.

Don't forget that our famous Feather Bingo is coming up soon. Mark Sunday, April 15 from 1:00 p.m. - 5:00 p.m. on your calendar. Be sure to remind your friends to come out for this fun event.

Ladies of the Auxiliary are currently out selling Poppy Seals. They are quite decorative for your letters yet they are also a good reminder to all about our Veterans. The veteran is very important to all of us at the legion because that is what we are all about. Poppy Seals as well as the annual Poppy are a reminder to us all of the men who served our great country. When you are asked to purchase that Poppy Seal, please do so. Thank-you for your support.

Bob Ahrens asked me to remind you that the Service Officer, of the American Legion will be here this Friday, March 30 from 9:00 to 5:00 in the afternoon to assist any veteran or their families with any claims they may have with the Veteran's Administration.

Bob and I are going to try something new. We will take turns writing our columns each week. That way, hopefully no one will become bored with either of our columns.

For all of you who are wondering where was Goldie "Moore" Livrane on October 31, 1968 and what she was doing, she was down at the Post for a District Meeting and I am told that Goldie did the amazing task of cutting all of the bread!! I thought that that was quite cute and I knew that it would be a stumper.

For all of you who were wondering about Betty McLeod's spaghetti, it was misplaced at the dinner for Jack Mead's family in Sharon Rubey's car!!!

Also surviving are 1 son, Roger of Kalkaska; 1 daughter, Mrs. Joyce Driesens of Wyoming, Mich.; 1 sister, Mrs. Ardis Seely of Kalkaska; 4 grandchildren; 5 step grandchildren; 2 great grandchildren; and 2 step great grandchildren.

Funeral services were held at 11 a.m. Friday, March 23, 1984, at the Wolfe Funeral Home in Kalkaska. Don Brown officiated. Burial was in Evergreen Cemetery, Kalkaska.

Memorial contributions may be directed to the Michigan Heart Association.

Men's Softball Sign-up

Persons interested in entering teams in the Grayling Men's Softball league should call Corky Hellebuyck at 348-5553.

Services Held For Nila Moggo, 51

Nila May Moggo, 51, of Roscommon, passed away at Tolfree Memorial Hospital in West Branch, Thursday, March 22, 1984. Funeral services were held Saturday, March 24, 1984 at Steuernold Funeral Home, Roscommon, with Rev. Thomas A. Bruno officiating. Burial was in Higgins Cemetery.

Mrs. Moggo was born in Higgins Township October 1, 1932 to Norman and Dorothy Latimer and has resided in the Roscommon and Grayling area most of her life. She married Melford Moggo on May 12, 1956 and was a housewife. She was formerly employed at the Grayling Restaurant. Her father predeceased her in death.

She is survived by her husband Melford; two sons, Edward of Grayling and Alan of St. Johns; four daughters, Ann Marie Sanford of Roscommon, Janice Northrup of St. Helen, Patricia and Dorothy both at home; four grandchildren, her mother Dorothy Latimer of St. Johns; two brothers, Robert Latimer of White Cloud and Gerald Latimer of St. Johns; and two sisters, Maxcella Latimer of Traverse City and Alice Galvan of Grayling.

Services Held For Roy Eckhardt, 71

Roy C. Eckhardt, 71, of Kalkaska, a retired equipment operator for the Kalkaska County Road Commission, died suddenly Tuesday afternoon, March 20, 1984, at the Kalkaska Memorial Hospital.

Mr. Eckhardt had been a lifelong resident of Kalkaska, and retired from the Road Commission in 1973, following 24 years of service. He was born in Kalkaska on March 28, 1912, to Clayton and Daisy Harrington Eckhardt. He was married in Cadillac on November 19, 1933, to Catherine O'Neal who survives.

Also surviving are 1 son, Roger of Kalkaska; 1 daughter, Mrs. Joyce Driesens of Wyoming, Mich.; 1 sister, Mrs. Ardis Seely of Kalkaska; 4 grandchildren; 5 step grandchildren; 2 great grandchildren; and 2 step great grandchildren.

At the card party on Saturday evening, prizes were won by Elsie Kearney, Elinor Wikoff, Virginia Parker, Tom Miller, Andy Parker, and Bill Koerke. Mr. and Mrs. George Wingeier will host the party this week.

The Lovells Hook and Trigger Club, regular monthly meeting at town hall Tuesday, April 3rd at 7:30. Guest speaker will be Bill Mahalak from Roscommon DNR.

Notice of Sale

NOTICE is hereby given that, by virtue of a Writ of Execution issued out of the 83rd District Court for the County of Crawford, in favor of DEREK E. McEVERS, d/b/a SORENSEN FUNERAL HOME, against the goods and chattels, lands and tenements of JOHN ROBIDEAU, in the County to me directed and delivered, I did, on April 29, 1983, levy upon and take all the right, title, and interest of JOHN ROBIDEAU in and to the following described lands:

The West half (W 1/2) of the South half (S 1/2) of the South half (S 1/2) of the South half (S 1/2) of the Northeast quarter (NE 1/4) of the Northeast quarter (NE 1/4) of Section Twenty-Four (24), Town Twenty-Five North (T25N), Range Four West (R4W), Beaver Creek Township, Crawford County, Michigan, all of which I shall expose for sale at public sale, to the highest bidder, at the front door of the Courthouse, located at 200 Michigan Avenue, Grayling, Michigan, where the Circuit Court is held in the County in which the real estate is situated, that being the place of holding the Circuit Court within the County of Crawford, May 9, 1984, at 9:00 a.m.

Dated: March 23, 1984.
Joseph P. White, Sheriff of the County of Crawford, Grayling, Michigan

John B. Huss
Attorney for
Derek E. McEvans,
d/b/a Sorenson Funeral Home
Grayling Mini Mall
P.O. Box 832
Grayling, Michigan 49738
(517) 348-5431

29-5-12-19-26-3
Identify
Tell the dry cleaners about any stains or spots on garments so they can be properly cleaned.

Mercy Hospital Auxiliary News

A reminder that our regular business meeting will take place in the dining room of Mercy Hospital on Thursday, April 12th at 1:30 p.m. All members and other adults interested in joining the auxiliary are urged to attend. A report of our legislature chairman meeting with our state legislators in Lansing will be given and also a report on our St. Pat's card party. Board meeting at 10:00 a.m. the same day in the conference room.

Rosalia Matyn

Frederic News

By Eva Hubert
Senior Citizens at the Center in Grayling, March 28 - Cardo at 4:30, Rev. Robert 5:30 program. On the menu for dinner of Beef Burgundy.

March 29th - Blood Pressure and Vial of Life, 12:30; Kitchen Band 1:30 and 5:30 Program "Artrain" with Joe Wakeley, Crawford Co. Treasurer and Chairman of the Artrain Committee will give full details of the program and the artist aboard the train. Artrain will be here on the 31st thru April 4th.

April 1st Sunday at the Center a Backward Party Pot-luck 6:30.

New bulletin out next week. Coming up Satellite dinner for Frederic and Maple Forest April 6th.

Happy Birthday to Irving Hancock, March 31st and Henry Smith April 6th.

Coming up Bake Sale April 7th - Hobby Club.

Frederic Cub Scout Pack 3978 enjoyed an afternoon of bowling on March 22nd. Several parents enjoyed watching the boys. The Pinewood Derby for Pack 3978 will be held April 12th from 6 p.m. at the Frederic Hall.

April 3rd will be the monthly meeting of the C.C. Fancy Bunnies 4-H Club. The meetings are held at Michelle Williams. Anyone interested in bunnies are welcome to attend. Call Michele at 348-3256.

Lovells News

by Ruth Caid
Mr. and Mrs. Gemo Berleto of Detroit are enjoying a few days vacation at their cabin.

Mr. and Mrs. Charlie Cadeau enjoyed a vacation in Florida.

Congratulations to Mr. and Mrs. Steven Wininger on the birth of a son, born at Otsego Memorial Hospital on March 2, 1984.

At the card party on Saturday evening, prizes were won by Elsie Kearney, Elinor Wikoff, Virginia Parker, Tom Miller, Andy Parker, and Bill Koerke. Mr. and Mrs. George Wingeier will host the party this week.

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Michigan Mirror

Recreation Fund May Be Protected By Constitution

Warren M. Hoyt, Executive Director, MPA

A Republican senator and Democratic representative said they are optimistic the Legislature will approve by the summer recess a proposed constitutional amendment restructuring the Kammer Recreational Trust Fund and protecting it from raids by the general fund.

The amendment, supported by the Michigan United Conservation Clubs, Michigan Environmental Council, Michigan Parks and Recreation Association and the Department of Natural Resources, would go on the November ballot.

Representative Jerry Bartnik (D-Temperance), sponsor of the proposal, said unless the Legislature does something this year, the trust fund will be depleted.

The fund was established as a repository for state oil and gas royalties which were to be used to buy recreational and public use land, but it was tapped by a strained general fund during the recession and now contains about \$4 million.

Senator Paul Henry (R-Grand Rapids), who had a proposal of his own and helped write a substitute that will be under consideration, said the Legislature and governor have in the past shown themselves to be unwilling and unable to adhere to the principle of the word "trust" the fund represents.

The proposal would continue to place royalties into the fund, up to a total of \$150 million, and permits expenditures of the interest and one third of the prior year's deposited principle to be used to acquire land or develop recreation facilities.

The current fund is only for land acquisition, not for development of

facilities and under the new proposal, not more than 75 percent of each year's expenditures could be used on just one of those options.

Expenditures could be made directly by the state or through grants to local governments.

The maximum \$150 million cap would be adjusted to reflect inflation. Bartnik said he expects the cap to be reached in a little over 20 years.

Bonding For Solid Waste Disposal

Representative Michael Griffin (D-Jackson) has proposed a \$300 million bond issue for solid waste disposal facilities.

Griffin said the bond issue, which would be placed on the November ballot, would enable the state to take positive action to deal with the growing problem of solid waste disposal, he said.

Under the legislation proposing the bonding, the issue would be used to finance resource recovery alternatives to landfills, including the promotion of solid waste reduction, the establishing of recycling and composting programs and transfer stations and the development of solid waste incineration or energy recovery facilities.

The \$300 million bonding would be also used to provide educational and technical assistance, grants and loans for landfill alternatives and resource recovery.

"We can no longer rely on the landfill approach. The day of the landfill is running out. There is simply too much solid waste. It has come down to a basic matter of protecting our environment, Griffin said."



AIR-AMBULANCE FLIGHTS ON RISE — The Piper Chieftain aircraft pictured above is an air ambulance owned by Med - Flight, Inc. of Flint.

This aircraft was flown into Grayling McNamara Airport on March 7 to transport an emergency patient from Grayling's Mercy Hospital to a down-state medical facility.

The number of civilian air ambulance flights using the Grayling McNamara Airport appears to be increasing dramatically. Airport traffic records indicate that the number of such flights in the first three months of this year exceeds the total number of air ambulance flights in any previous year.

Needs for the Elderly Conference at Holiday Inn

"The Elderly Person Within In The Family" is the name of a conference to be held at the Holiday Inn in Grayling, on April 26, 1984.

The conference is being sponsored by the Office of Aging-Family Life Program through Community, Family & Children Services-Catholic Diocese of Gaylord.

The conference will bring together leaders in gerontology to share innovative ideas as well as to develop public policy which reflects the needs and concerns of the elderly within the family. It will provide a forum for the exchange of ideas among policy-makers, practitioners, educators, and will highlight care-giving roles of family members and friends of the elderly.

Those invited to attend include social workers, pastors, service providers, educators, family members and all interested in elderly persons.

Keynote speakers for the conference will include the Most Rev. Robert J. Rose, Bishop of the Diocese of Gaylord and Kathleen Needham, Director of Gerontology of Madonna College, Livonia, Michigan. The conference will also include five sessions entitled, "Helping The Helpers-Support For The Older Adult's Family; Mending Separation-Returning Home After An Illness; The Retirement's Over Now; Spiritual Needs and Parish Family and Networking The Needs of The Elderly". Sessions will be presented by professionals in gerontology. Participants will be asked to select two of the one-hour sessions from

the list of five.

The conference will begin at 8:30 a.m. with registration and will close with a banquet dinner at 5:30 p.m. The registration fee is \$10.00 for senior citizens and \$12.00 for all other participants. The fee includes lunch, refreshments, the banquet dinner and conference materials.

For more information and registration forms, contact the Diocesan Office of Aging-Community, Family & Children Services at 202 W. Mitchell, Gaylord, Mi 49735. Deadline for registration is April 3rd.

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Custom Forest Products

EMPLOYEE OF THE MONTH

JERRY D. PRATT

Jerry is our Employee of the Month for Custom Forest Products. He has been with us since March 23, 1982. Jerry is one of our ten (10) chop saw cutters.

Jerry has lived in Frederic, Mich. all of his life and graduated from Grayling High School. He is single with no children and enjoys cross country skiing, water skiing, snowmobiling, three wheeling, and is very active in hunting and fishing.

To show our appreciation, Jerry has been awarded a \$25.00 Gift Certificate for dinner at the Woodside Dining Room in the Holiday Inn.

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By William H. George, M.D.

tom of duodenal peptic ulcer is abdominal pain which is often described as burning or gnawing. It characteristically occurs 90 minutes to three hours after meals and may awaken the patient at night. Pain readily relieved by food or antacids will strongly suggest duodenal ulcer. The pain may also be ill-defined, boring, aching, or may be perceived as abdominal pressure or fullness. Some people with peptic ulcer describe a sensation of hunger. Many people with active disease have no ulcer symptoms whatever. Bleeding may occur and may be accompanied by vomiting of blood or the passage of blood in the stool. Occasionally, peptic ulcer can penetrate or perforate, that is, it may "eat" through the entire stomach or intestine lining. Gastric ulcers, or peptic ulcer in the stomach, are more unpredictable. Food may not relieve pain and may, in fact, increase it. Antacids may not be helpful. Nausea and vomiting can be seen as well.

The diagnosis of peptic ulcer in either the stomach or duodenum is usually made by x-ray examination with barium. Sometimes, it may be diagnosed by endoscopy in which a flexible scope is placed into the stomach and through which the doctor may see the ulcer. Treatment of peptic ulcer is primarily directed at decreasing stomach acid production. Medications which can be used for this purpose include Ranitidine, Simezdine (Tagamet), and antacids. Sucralfate (Carafate) is another medication which helps to protect the intestinal or stomach lining from the acid. One must avoid substances which may either increase acid production or cause further damage to the lining. These substances include smoking, alcohol, aspirin, other medicines, caffeine, coffee, and spicy foods. Surgery may be necessary for some patients with peptic ulcer complications such as severe hemorrhage or bleed-

ing, intestinal obstruction, penetration, or perforation. Most ulcers will respond to oral medication and will not require surgery. Duodenal ulcers do not cause cancer. Some gastric ulcers, however, may actually be secondary to various cancers in the stomach. These patients need to be evaluated more fully.

Doodles From The Tall Timber

Wendell L. Hoover
Park Interpreter

The approach of snow melting and the beginning of the fire season reminds me of springs nearly thirty years in the past when I like others would have been back on the job as a "towerman" after a winter's layoff. I, like many others, got my start with the Department as a Forest Fire Lookout B. From a cab set atop a spindly looking frame, I watched the brown of a very early spring turn to the dazzling array of spring greens to the emerald beauty of summer to the brilliant hues of fall.

With experience borne of much practice, you could tell one type of fire from another, even how much a fire had run in the interval between spotting and the arrival of fire-fighting crews. Even without another tower to cross out with, you had, if you knew the country at all, a fair idea of where a fire was located.

In all, I was assigned to four different towers in two widely separated districts, each area having its own hot spots and idiosyncrasies. My sojourn as towerman was short because I was assigned to be observer with the first plane to be used by the Department for spotting and locating forest fires. The four towers from Precore Hill to Farwell were soon torn down and now exist only in the memories of those of us who put the flag up each morning, broiled in the sun, or froze in March when the wind blew snow through windows broken by vandals.

"FreshStart" Program on Smoking

Smoking is the leading cause of chronic disease and death in this country, according to Bruce King, education coordinator at Mercy Hospital in Grayling. It is also the most difficult lifestyle change to make, he adds.

The American Cancer Society has developed a program called "FreshStart", to help smokers overcome their habit. Mercy Hospital will be offering this program to the public beginning April 3, at 7:30 p.m. in the Doctor's Dining room at Mercy Hos-

In all, there will be four free classes in the program. The other three classes are scheduled for the same time on April 5, 10 and 12. You should attend all four if possible.

"FreshStart" gives smokers the information and strategy for stopping. The program does not require non-essential activities or work. The series is confined to meaningful activities proven effective in quitting cigarettes and staying off them, according to Mr. King.

If you want to live longer, enjoy your life more and eliminate a costly habit, give "FreshStart" a try. "It's free, so you've got nothing to lose," says Mr. King.

Individuals interested in signing up for the four series program are encouraged to contact Mr. King at Mercy Hospital, 348-5461, extension 172, or the public relations department at ext. 120.

Receives Marine Promotion

Marine Cpl. Kenneth S. Miller, son of Emilia M. Miller of Grayling, has been promoted to his present rank while serving with 2nd Marine Aircraft Wing, Marine Corps Helicopter Air Station New River, Jacksonville, N.C.

Local Chairmen

Fight Against Cystic Fibrosis

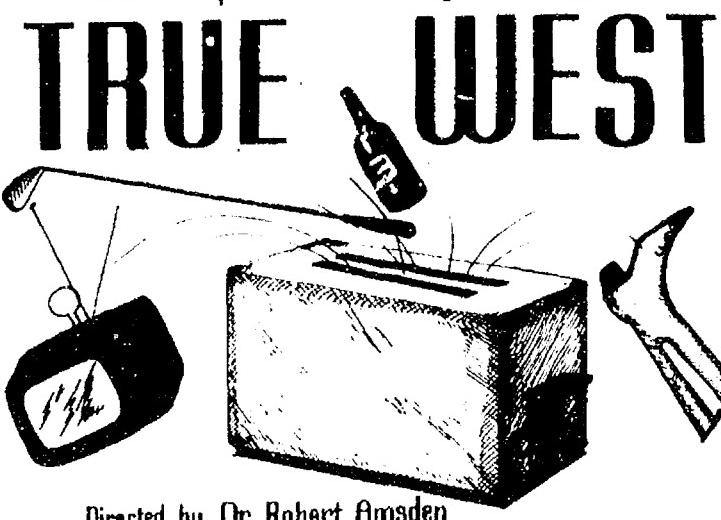
The Cystic Fibrosis Foundation today announced the names of local chairmen in the 1984 "Cyclin' For CF" Bike-a-Thon throughout the State of Michigan. Rev. Robert Taylor chairs for Frederic, while Mrs. Wendy Kucharek and Darla Moore are chairpersons for Grayling.

Bike-a-Thons are scheduled in approximately 350 Michigan communities and 79 counties during the months of April, May and June. An anticipated four to five thousand cyclists will support the Cystic Fibrosis Foundation in its effort to raise the much-needed money to carry on research and conquer CF. Cystic Fibrosis is the number one genetic killer of children and young adults in the United States. It is estimated that every day five children are born with Cystic Fibrosis and every day three persons die from Cystic Fibrosis.

Through the "Cyclin' For CF" Bike-a-Thon events, local residents have an excellent opportunity to use their health and energy on behalf of these children with Cystic Fibrosis.

Support the "Cyclin' For CF" Bike-a-Thon in your community!

Kirtland Community Players Present
Sam Shepard's Rollicking Comedy



Directed by Dr. Robert Amsden

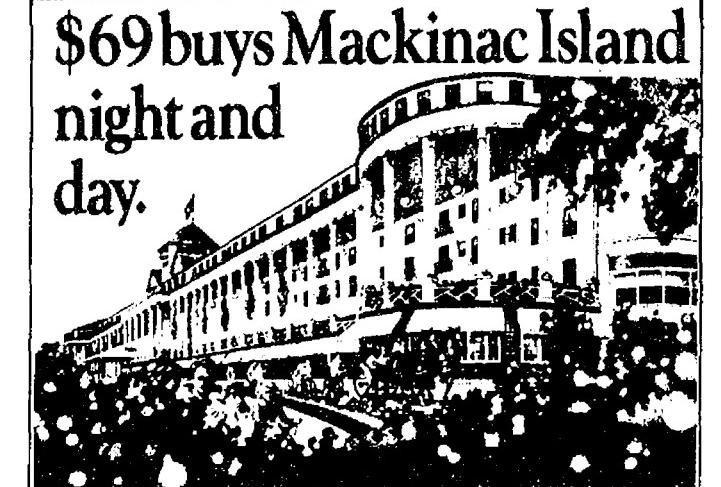
Friday & Saturday March 30 & 31, 8 p.m.

Sunday April 1, 3:00 p.m.

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(Only fifteen dates available at this incredible price: May 13, 14, 15, 16, 17, 20, 21, 22, 23, 28, 29, 30, June 6, 7, 18. Special October dates also available: October 7 and 21.)

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Foreign oil

Kick the habit, scientist urges

America's growth as an electrically powered society is a prime opportunity to kick its dependence on foreign oil, says one of the nation's most celebrated scientists.

The switch to electricity from other, more expensive power sources is "one of the most striking changes in our pattern of energy use," says Dr. Alvin M. Weinberg. Electricity today accounts for more than 32 percent of U.S. primary energy, almost double what it was just 15 years ago.

"We should push oil out of every sector of our society except transport, where it's genuinely needed," he says. "Only then can we truly be self-sufficient in energy."

Dr. Weinberg's comments on American energy appear in the current issue of *Focus: Views on Energy*, a magazine published by Consumers Power Company. Dr. Weinberg, often called "the grandfather of nuclear energy," is director of the Institute for Energy Analysis. He was director of the Oak Ridge National Laboratory for 18 years, and is past president of the American Nuclear Society.

Replacing oil-dependent energy with electricity, says Dr. Weinberg, is a smart move that America is already making. "The price of electricity has gone up, to be sure," he says, "but not nearly as steeply as the price of oil and gas. As a consequence, electricity is pushing into many areas where it hasn't been used previously. For example, 30 percent of the steel in the United States is being made electrically today. That's far



more than ever before. It's happening in the automobile industry, too."

Where will all of this electricity come from? Coal and nuclear power are Dr. Weinberg's answers.

"I think the use of nuclear power is going to expand in a major way during the next generation," he says. "I'm convinced that the present malaise we're suffering with respect to nuclear energy will pass and we'll get back on course again. Soon."

"The fact is nuclear energy is both cleaner and safer than most other forms of energy."

Already, he says, nuclear power is a fantastic success. Just think. It's less than 50 years since fission was discovered and by 1990 it will be producing almost 10 percent of all the energy the world needs."

This advertisement is paid for by the shareholders of Consumers Power Company.

Notice of Hearing

In accordance with P.A. 55, Public Acts of 1968, the Crawford County Road Commission will conduct a public hearing on April 5, 1984 held at the Crawford County Road Commission offices in Grayling, Michigan for consideration of the improvement of county local roads as follows:

Beginning at 7:00 p.m. - Beaver Island Road
Beginning at 7:30 p.m. - Karen Road, Spruce Street,
Crawford Road and Richard Road within the Plat of Karen Woods

Crawford County Road Commission
G. Kraus, Chairperson
N.F. Parker, Member
G. Cason, Member

-15-22-29-

ANNUAL

Grayling Booster Club

Swiss Steak Dinner

Saturday, April 7th — 4:30 - 8:30 p.m.

Patty's Country House

SALAD & DESSERT BAR

Adults \$5.00 — Sr. Citizens \$4.50 — Children 12 and under \$2.50

— EVERYONE WELCOME —

HOPE TO SEE YOU THERE TO HELP SUPPORT THE CLUB.

ALSO REMEMBER YOUR BOOSTER DUES.

Tickets Available from Members and at the Door.

You deserve a tax break today...



...and everyday—with convenient payroll deduction to your IRA.

Start an Individual Retirement Account at your Credit Union today and use the convenient payroll deduction plan.

Two things happen immediately. You begin to get a tax break on every paycheck. The taxes on your contributions to a credit union IRA are deferred, and you can invest up to \$2,000 per year. Your payroll deduction can be taken out before your Federal tax withholding is figured.

And you begin to build the smartest kind of investment there is. It's a high yield, insured investment in . . . you!

You save taxes now and you save up for a better, more personally satisfying retirement in the future.

See your credit union IRA expert today. Get the breaks you deserve.

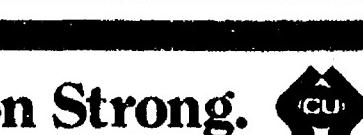
We're here today for all your tomorrow's.

WURTSMITH COMMUNITY FEDERAL CREDIT UNION

227 Michigan Avenue — Tel. (517) 348-5441

Grayling, Michigan 49738

All accounts insured to \$100,000.00 By the National Credit Union Administration.



America's Credit Unions...A Family 44 Million Strong.

Final Term of Adult Classes Begins Monday

The third and final term of Adult Enrichment Classes sponsored by the Grayling Community School office will get underway on Monday evening, April 2 at Grayling High School. Each class will meet for two hours one evening a week. Tuition fees and number of class sessions vary according to the particular class. Persons interested in joining any of this term's Adult Enrichment classes should plan to attend the class on the first evening that it meets.

Nature & Environmental Photography - Monday evenings - 6 weeks - Tuition \$10.00.

A great photography class for this time of the year because the subject area is so vast. Plants, animals and the changes of nature during the spring season all make for great pictures. Learn how to really get the best of these specialized shots in both color and black and white. Several field trips have been planned to provide you ample opportunity for hands on experience.

Golf - 4 weeks - Thursday evenings - Tuition \$6.00.

Now is the time to get those old sticks out of the closet and begin getting into shape before the grass turns green on the fairways. Kick some of those old bad habits and learn some new techniques. A great class for those who are planning to take up the game for the first time this season.

Small Engine Repair - Tuesday evenings - 6 weeks - Tuition \$12.00.

This class will cover most small gasoline engines. It is designed to help adults maintain and repair common engines found around the home such as lawn mowers, small boat motors, chain saws and other small engines.

Introduction to Computers - Monday evenings - 7 Weeks - Tuition \$20.00.

In this class you will have a chance to learn about microcomputers: how they work, what they can do and what they can't do. Learn to talk about computers and what to look for if you want to buy one. You will be taught how to do simple programs. Practical uses for a computer in your home will also be covered.

Woodworking and Furniture Repair - Thursday evenings - 7 weeks - Tuition \$12.00.

Students will have the opportunity to make a project of their own or choose from several patterns we have available. Students will also learn how to use a variety of woodworking tools and equipment. Refinishing furniture will also be covered if desired.

Lawns and Landscaping - Wednesday evenings - 6 weeks - Tuition \$10.00.

Now is the time of the year to begin planning what to do with your lawns and gardens. A well designed landscape adds a great deal to your home, and you can learn many techniques and short cuts in this class. Also learn the basic fundamentals of

landscape design. Especially helpful will be the suggestions of plants and shrubs which do well in our particular area.

Beginning conversational French - Tuesday evenings - 6 weeks - Tuition \$10.00.

A great opportunity to learn a foreign language and especially useful if you are planning a trip to Europe this summer. In this class you will learn to both read and speak basic French phrases and words.

Counted Cross Stitch - Wednesday evenings - 6 weeks - Tuition \$10.00.

Counted Cross Stitch is working from a graph and counting spaces in an even weave material such as Hardanger, Aida or Dovo, using only a few strands of embroidery floss. Students will begin with a plain piece of fabric and count stitch to create a colorful, charming design only, and not a background.

Artrain

(Continued from Page 1)

Hansen, sculptor and Connie VanDeVen, potter, and from 4-8 p.m. Carol Pearce, painter and Jill Wyman, quilting.

On April 4, the demonstrators will be Debbie Roberts, tote painting from 9-11 a.m., Mildred Ziegler, china painting from 11 a.m. to 1 p.m. Marlene Dale, potter from 9 a.m. - 1 p.m., Carl Hatfield, basket weaving, 4-8 p.m. and Doug Post, wood burning, 4-8 p.m.

The elementary school choir will be performing on Saturday, March 31, at noon for the opening public sessions.

According to Artrain Educational Chairpersons Nancy Lemmen and Lynn Thompson, teachers and group leaders can schedule tours from 9 a.m. until 1 p.m. from April 2-4. The ideal size for a tour, according to Mrs. Lemmen, is one class or 25 adults. She said that the tours are conducted every 15 minutes.

Either of the chairpersons can be reached during working hours at 348-7641. In the evenings Mrs. Thompson can be reached at 348-5760 and Mrs. Lemmen can be called at 348-9284. Groups and classes from all of the surrounding communities to Grayling are encouraged to Grayling are encouraged to attend, Mrs. Lemmen said.

Education has always been a key component of the Artrain experience. Now more than ever the exhibit strives to ensure that students in host communities experience and understand the meaning of art.

The Artrain educational program is unique in that it not only involves students in host communities, but adult volunteers as well.

The program is geared primarily toward third through sixth grade and includes activities for students before, during and after their train visit. Before students visit the Artrain, teachers are provided with a series of exercises and projects to give the students, which are designed so that even teachers and non-art teachers as well can easily use them in class.

One example of the several projects is a line exercise, where students are given a few lines, and then must add their own to complete the picture.

The Artrain will arrive in Grayling March 30 but will not be open to the public until March 31 from 12 to 8 p.m. That time will also be reserved for the public on Sunday, April 1 and from April 2-4 from 4-8 p.m. There is no admission charge for children or adults.

TIMBER SALE

Department of Natural Resources
STATE OF MICHIGAN

Notice is hereby given that bids will be received by the Area Forest Manager, Roscommon Forest Area, AuSable State Forest, for certain timber on the following described lands:

BLOCK 340 — T25N, R3W, Section 1, W½ NE¼, Crawford County

The right to reject any and all bids is reserved.

Bid forms and envelopes may be obtained from the Area Forest Manager. All bids must be submitted on the bid form and in the Department's bid envelope or envelope clearly identified.

Bids must be received by Don Torchia, Area Forest Manager, Roscommon Forest Area, AuSable State Forest, Box 218, Roscommon, Michigan 48653, not later than 10:00 a.m., Wednesday, April 4, 1984.

For further information concerning this sale, contact Don Torchia, Area Forest Manager.

Ronald O. Skoog
Director

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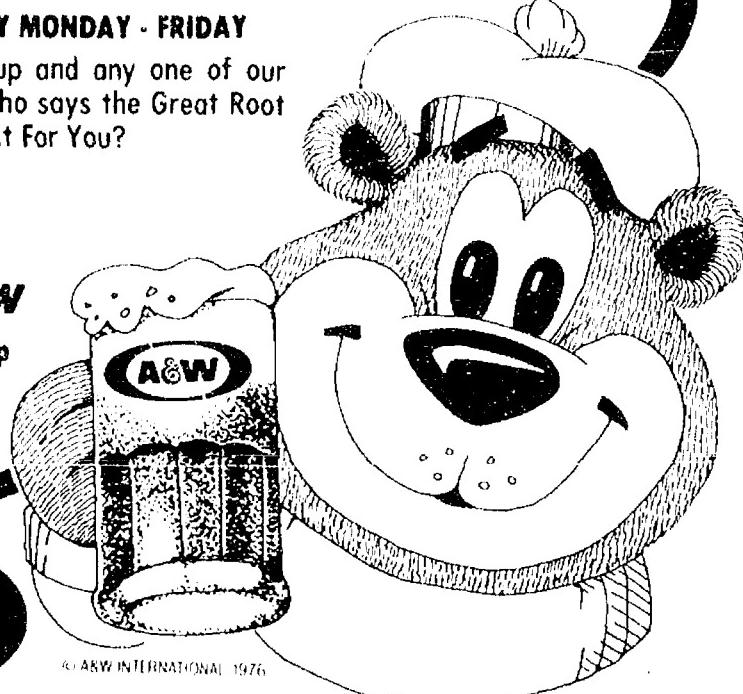
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Lunch "Combo" Special!**Soup & Sandwich \$1.99****THAT'S RIGHT! EVERY MONDAY - FRIDAY**

Your Choice of Soup and any one of our Specialty Sandwiches. Who says the Great Root Bear's Heart doesn't Beat For You?

Good Only at
Grayling A & W
Grayling - I-75 Bus. Loop**Where our food's as good as our Root Beer.****TO THE CUSTOMERS OF MICHIGAN CONSOLIDATED GAS COMPANY**

Case No. U-7895

NOTICE OF GAS RATE HEARING

On February 10, 1984, Michigan Consolidated Gas Company (MichCon) filed an application with supporting testimony and exhibits in the above-captioned matter requesting authority to increase its annual revenues from the sale of gas to customers in Michigan by approximately \$85.7 million.

MichCon is a Michigan corporation having its principal office at 500 Griswold Street, Detroit, Michigan. MichCon's intrastate utility operation, the distribution of natural gas at retail to approximately one million customers in its Detroit, Northern, and Western Districts, all within the State of Michigan, is subject to the jurisdiction of the Michigan Public Service Commission (Commission).

MichCon states that its currently effective rates were approved by the Commission in Case No. U-7298 and were based on its projected operating results for the year ending December 31, 1984. MichCon further states that its currently effective gas rates do not reflect the costs to be incurred by it to provide service during the time period beginning in April 1985 and are thus inadequate to permit it to earn a fair return on its intrastate utility property dedicated to public use. Consequently, those rates will not be just, reasonable and nonconfiscatory as required by the Constitution of the United States and the Constitution of the State of Michigan.

MichCon states that it will continue to experience a significant decline in sales, and increases in its cost of providing natural gas service. Those increased costs include: the cost of company use and lost and unaccounted for gas, operation and maintenance expense, taxes, working capital and higher capital costs. MichCon's rate case presentation reflects a balance sheet working capital approach consistent with the positions of MichCon, the Commission Staff, and the Attorney General in the Commission's generic working capital case, Case No. U-7350.

MichCon states that its request for rate relief is based on a projected test year beginning July 1, 1985, which corresponds with conditions to be faced by MichCon when the rates sought are anticipated to be in effect. Applied to projected test year sales, MichCon states that its base rates now in effect produce annual revenues which fall short of its projected test year cost of service by approximately \$85.7 million annually and that the current rates will not recover increased costs and provide either the rate of return of 10.40% on its investment, including a return of 14.82% on common equity, found reasonable by the Commission in Case No U-7298, or the 10.26% overall rate of return on its investment, including a 17.50% on common equity, requested in the instant application.

MichCon states that the Summary of Proposed Rates, below, would increase its annual revenues by approximately \$85.7 million over the annual revenue produced by existing rates.

MichCon's proposed rate schedules

include a new rate, Rate 5, which would be available to customers with installed alternative fuel capability and who could obtain that fuel at a price which would cause them to cease using natural gas. The new Rate 5 provides for a customer service charge of \$1,000 per customer per month and a unit rate set by reference to the Btu equivalent No. 6 fuel oil price.

The Comparison of Average Revenues Under Existing and Proposed Rates below summarizes the proposed rate increase by rate schedule, in terms of average revenue per Mcf, including cost of gas of \$4.45 per Mcf, or \$4.37 per dekatherm, based on MichCon's January 1984 Gas Cost Recovery Factor. It also shows the allocation of the revenue deficiency to each of MichCon's rate schedules.

MichCon states that possible reductions to its Senior Citizen Rate (Rate 3) and a corresponding modest increase to Rate 2 pursuant to its application in Case No. U-7719 have not been reflected in the proposed rates. If the Commission acts favorably on that application, however, MichCon requests incorporation of the appropriate changes in its tariffs.

MichCon does not propose any nonrate tariff changes.

MichCon states that it has not filed a request for partial and immediate rate relief at this time based on the assumptions that a final order in this proceeding will issue in early 1985 and that its request for a short extension of Rates 4 and 41 will be authorized. MichCon further states that if either assumption fails to eventuate, a motion for partial and immediate relief could become necessary.

Copies of MichCon's proposed Rate Schedules are available upon request to Mr. W. K. McCracken, Senior Vice President, Michigan Consolidated Gas Company, 500 Griswold Street, Detroit, Michigan 48226.

Jurisdiction in this matter is pursuant to 1909 PA 300, as amended, MCLA 462.2 et seq.; Section 4 of 1919 PA 419, as amended, MCLA 460.54; Sections 4, 6, 6a and 6b of 1939 PA 3, as amended, MCLA 460.4, 460.6, 460.6a and 460.6b; Section 3 of 1923 PA 238, as amended, MCLA 486.253; Chapter 4 of 1969 PA 306, as amended, MCLA 24.271 et seq.; and the Rules of Practice and Procedure Before the Commission, 1979 Administrative Code, R 460.11 et seq.

NOTICE IS HEREBY GIVEN that:

A. The initial hearing in this case will be held at 9:30 a.m. on April 16, 1984 in the offices of the Commission, Mercantile Building, 6545 Mercantile Way, Lansing, Michigan, which hearing will be in the nature of a prehearing conference and will be held for the purpose of exploring and, if possible, agreeing upon matters which will expedite this proceeding including, but not limited to, the following:

1. Determining the parties to the proceeding, the nature of their appearances and the positions they are taking in the proceeding, as well as

GHS Student Main Speaker At COOR Leadership Forum

The COOR Intermediate School District and the Michigan Department of Education will present a Student Leadership Forum at Kirtland Community College on Friday, March 30.

Over two hundred students representing Fairview, Houghton Lake, Grayling, Mio, Ogemaw Heights, and Roscommon High schools will participate in the Forum. The students will attend two informational workshops, discuss educational issues with students from other schools, and pose questions to local and state educational representatives.

The Student Leadership Forum is part of Project

Outreach, a Michigan Dept. of Education program aimed at strengthening relationships between the school, home, community and Dept. of Education. The purpose of the Forum is to provide high school students with opportunities to develop leadership skills through interaction with both their peers and educators.

Barbara Fitzgerald, a GHS student, will be one of four main speakers at the forum.

Help Needed

The Crawford Unit of the American Cancer Society is looking for volunteers interested in year round service.

Many volunteers work for the annual crusade in May but help is also needed in providing services and programs for the public throughout the year.

If you would like to be a part of this very necessary and caring group, please call Val Lehti, Vice-President of the Crawford Unit of the American Cancer Society at 348-8838.

DeHart Completes Basic Training

Russell J. DeHart, a 1983 graduate of Grayling High School, has completed Basic Training at Fort Dix, N.J. Russ is presently assigned to Fort Belvoir, Va. where he is undergoing Advanced Individual Training in the Mechanical Maintenance field as a Power Generation Equipment Repairer.

While in Basic Training Russell scored 100% on his end of Cycle Exams, scored Sharpshooter on the Rifle Range, and Expert on the Hand Grenade range.

If you would like to be a part of this very necessary and caring group, please call Val Lehti, Vice-President of the Crawford Unit of the American Cancer Society at 348-8838.

Editor's Mailbox

March 13, 1984

Dear Mr. Madsen,
I would like to thank the Grayling Recreational Authority for the wonderful compromise with the Camp Shawano skiers. All their board members must have hearts of "Gold".

I think it was truly wonderful of you to punish an entire group for the actions of two. What about the two "local" boys? Were they and their peers likewise punished? It does, you know, take more than one side to cause an argument.

I can remember several basketball games where cars were vandalized. Will you soon be segregating people from these events as well? How about closing all the bars. Fights and damage are frequent occurrences there. However, I realize these incidents are caused by "local" students and adults, so I guess that's different.

Those boys worked and sweated eight hours a day, five days a week for three years so the "local" people could have a better facility. And you express your gratitude by taking away their privileges of using it. Real justice.

I understand that the park manager can designate certain hours for them to ski. However, only when the place is closed to everyone else. Reminds me of our country's, unloved, past when blacks were denied the use of public restrooms and forced to ride in the back of public buses. This is 1984 people, not 1960.

Well, Mr. Madsen, you probably won't publish this but thanks for letting me blow-off a little steam.

An "Unproud" former resident

A new "Proud" Alaskan Julie (Thayer) Houlton
S.R. Box 30144

Fairbanks, Ak 99701

P.S. I would have written this letter closer to the event but mail is sometimes slow getting here.

Editor's Mailbox

During 1983, the National Association of Civilian Conservation Corps, Alumni (NACCCA) celebrated the 50th anniversary of the establishment of the Civilian Conservation Corps (CCC).

The NACCCA is trying to locate about two million former members and persons who were connected or affiliated with the CCC during the 1930's and 1940's. It is a known fact that many of these persons reside in Michigan and are serviced by the "Crawford County Avalanche."

I'm sure that many of your readers have often wondered what became of the CCC. You can tell them the CCC lives again in the NACCCA, it is a young and growing organization with 101 chapters throughout the nation, and more are being formed each month. One of its major objectives is to have the CCC re-activated.

A commemorative CCC postage stamp has been available for purchase since April, 1983.

Anyone interested in the organization can write to NACCCA, Loehman's Plaza, 7245 Arlington Blvd., Suite 318, Falls Church, Virginia 22042 for more information and literature.

Victor Vengrouskie
2212 Arcola Ave.
Silver Spring, MD, 20902
(301) 942-5180

Rt. 4 Box 4501
Grayling, Mi 49738

Mar. 20, 1984

Dear Mr. Madsen,
Recently, I attended the Republican luncheon which was held at the Shoppenagon Hotel for Colonel Jack Lousma, who is running for the Republican nomination to the United States Senate.

Colonel Lousma is a former astronaut who I believe has a very auspicious future in politics. He is dedicated to the quality of education and the national security of our country, and he believes in the life of our free enterprise system. He is young, optimistic, and enthusiastic. Now that Michigan is back on the road to recovery, we need a man with these attributes. Colonel Jack Lousma will keep our state on the road to recovery, and help Michigan achieve the prosperity that it so richly deserves.

Sincerely,
Damon Thayer

Community Fun Day

Something new has been added to this year's Fun Day - a Flea Market. This will be open to anyone in the community on a first come first served basis. Cost for the space will be \$15.00 which will be a large area, appox. 15 x 10 feet.

The Fun Day and Flea Market will be held in the Grayling Middle School Gym on Saturday, April 28th from 10:00 a.m. to 4:00 p.m. An admission of 50 cents for adults and 25 cents for children will be charged and the ticket stub will be placed in a drawing for door prizes throughout the day.

We still have spaces available for organizations that would like to have bake sales or white elephant sales or a silent auction.

If your organization would like more information contact the Sibs for Kids office at 348-2841 ext. 262 and ask for Helen or Aleta.

Remember April is National Volunteer Month.

District Court

The following persons appeared in 83rd District Court before Judge Francis L. Walsh:

Richard Flicker, 18, of Roscommon, demanded preliminary examination to a charge of breaking and entering an occupied building with intent of larceny. Bond was set at \$2,500.

Eugene Bachman, 29, of Roscommon, demanded preliminary examination to a charge of breaking and entering an occupied building with intent of larceny. Bond was set at \$1,500.

Douglas Mallory, 28, plead guilty to a charge of possession of marijuana and was fined \$305 or 30 days. He was cited March 7 by the sheriff dept.

Warren Kriskiwicz, 42, of Copemish, plead guilty to a charge of impaired driving and was fined \$305 or 30 days and his license is suspended for 90 days.

Robert Barr, 42, of Trenton, plead guilty to a charge of driving with a suspended license and was fined \$45 or 5 days. He was cited March 11.

Mark Fulton, 20, of Williamson, plead no contest to a charge of disorderly person and was fined \$85 or 10 days. He was cited Nov. 21, 1982, after a citizen complaint.

Notice Lovells Township

Anyone interested in being a member of Lovells Township Zoning Board please call Ellen Spencer 348-9557 or Fred Schaibly 348-8172.

MAPLE FOREST TOWNSHIP ANNUAL MEETING AND BUDGET HEARINGS

On the General Fund and Federal Revenue Sharing Fund for 1984-85 will be held on Thursday, April 5, 1984 at 8:00 p.m. at the township hall on Sherman Road.

A Special Meeting of the Board will be held following the Annual Meeting for the purpose of adopting the 1984-85 budgets.

-22-29-

Susan Keene, Clerk

School Sponsors
Book Fair

Dem. Candidate
For 103rd
District Rep.



The Frederic Elementary School in Frederic will sponsor a student book fair from April 2nd to April 6th. Students will be able to browse and purchase books. The book fair will be open during the hours of 9:00 a.m. to 3:00 p.m. Books will be on display in the school library.

The book fair committee invites all students, parents and visitors to attend the fair. The fair will encourage student interest in reading and in building home libraries, and will also contribute to a worthwhile project. All profits will be used for library materials.

The school is sponsoring this event, with Mrs. Merna Newberry serving as book fair chairperson.

The book fair display will include attractive new books from many major publishers in all popular price ranges - wonderful books to read or to give as gifts. All reading interests will be represented, including classics, fiction, biographies, adventure stories, science, nature, crafts, mystery and reference books. The committee is working with Educational Reading Service, a professional book fair company, to furnish an individual selection of books for the fair.

Milltown Pool

Legion 121
Red Barn 117
Spikes 107
Plaza 87
Congratulations Legion



Patten cemetery markers feature the same expert craftsmanship and superb granites found in family monuments. You are invited without obligation to have our trained counselor show you designs and samples to meet your cemetery requirements.

BATTEN
MONUMENT

Represented by:
SORENSEN
FUNERAL HOME
1108 N. Down River Rd.
Phone 348-2951

DECORATING DEN
DRAPERY TRADE-IN
SALE!

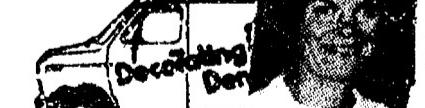
\$2.00 A PLEAT TRADE-IN value for your old custom draperies! Woven woods and mini blinds too!



We'll even carry the oldies away! And if you don't have a trade-in, we'll give you 15% off on any window treatment, anyway. You'll have hundreds of colors and patterns to choose from, and you don't have to leave your house to make your selection. Your trade-in drapery must come from the same or similar sized window. One trade-in for each new purchase.

Appointments Days, Evenings, Weekends, at your convenience. Never a charge or obligation. Free Decorating Service.

821-9696



The colorful store that comes to your door! Drapery • Carpet • Wallcovering

Public is Invited

FISH FRY
Grayling Eagles Club
802 Huron — Grayling, MI
Adults - \$3.00 — Children - \$1.50
SHRIMP — \$3.75
Will have carry out. Ph. 348-5287
4:30 - 8:00 ON WEDNESDAYS

LOVELLS TAXPAYER!!

The proposed budget for Lovells Township 1984-85 was prepared by board members other than myself.

I was excluded by the officers of the board of Lovells Township from participating in its preparation.

Sincerely,
Walter C. Leibold
Trustee, Lovells Township

Bits by Fay

George Granger is home again after having had surgery at Little Traverse Hospital in Petoskey. He says that he is doing fine.

Fresh Flowers for All Occasions. Main Street Florals, 227 Michigan Avenue. 348-7423.

Herb and Cindy Olson and Katie and Craig and Jody Hinkle and Amy vacationed for two weeks in the south. The girls spent one week with Mrs. Mary Gates in Florida while their parents spent the week in the Bahamas.

Main Street Florals has Fresh cut Flowers for All Occasions. 227 Michigan Avenue. 348-7423.

Bob McCurdy has returned home after spending three weeks in training with Montgomery Ward in preparation for taking over the Catalog Sales Store. He spent one week in Hillsdale at a company store and two more weeks in Cincinnati at the warehouse learning the procedures and forms for the company. They will open the store on April 2 in its new location, the former Yardstick building on Michigan Avenue.

For the past twelve years, Steckling-Diss has been employed by the Gerrish-Higgins School District as a teacher. Her degrees include an Associate's from Kirtland Community College and a Bachelor's and Master's from Central Michigan University.

She is actively involved with Community affairs, presently being a member of the St. Helen Chamber of Commerce Board of Directors and President of the St. Helen Bluegill Festival Association. Both organizations actively promote the Northern area. She is also affiliated with her local Education Association by representing them through the Co-ordinating and Regional Councils. Her other memberships include the Michigan Reading Association, Jackpine Reading Council and American Legion Auxiliary.

Steckling-Diss seeks election to the 103rd by offering the District a hard working individual interested in the needs of the area and people in it. She assures the public that her election would put someone in Lansing whose presence would be felt and voice would be heard.

Senior Citizens
Center Menu

Dinner reservations must be called in daily by noon - and for Friday noon meal by Thursday at 5:00 p.m. Please call 348-9314.

Mon.-Thurs., Soup & Sandwiches 11:30-12:30.

Mon.-Thurs., Dinner at 5:00 p.m.

Friday, Dinner at 12:00 Noon.

Mon., April 2 - V-8 Juice, Lettuce Wedge, Beef Scallopino, Marsala, Rice & Peas, Bread, Fruit Cocktail Dessert.

Tues., April 3 - Apple Juice, Cranberry Salad, Baked Chicken, Mashed Potato, Carrots, Bread, Apricot Dessert.

Wed., April 4 - Pineapple Juice, Peach Salad, Swedish Meatballs, Noodles, Bread, Broccoli, Blackberry Dessert.

Thurs., April 5 - Grape Juice, Tomato & Chick Pea, Chop Suey on Rice, Green Beans, Cocoanut Dessert.

Fri., April 6 - Grapefruit Juice, Creamy Pear Salad, Cabbage Roll or Tuna Loaf, Mashed Potato, Roll, Bread Pudding.

Just a \$1.35 donation for persons 60 and over will get you any one of these great meals.

Flat Wall Paint

Custom Colors Slightly Higher

Reg. \$15.49

Now \$9.99

Redwood Stain

Gal. \$3.99

Paint Roller & Tray

Reg. \$3.89 \$1.99

Lawn 2
Leaf Bag

38 Bushel

\$1.89

THANK
YOU

5.99

TRUE TEMPER.
STEEL LAWN RAKE

Heavy duty lawn rake. 22 spring tempered steel teeth.
SL22(7)

PEOPLE OF GRAYLING

Gibbons, Jerry Morford or Bob Bovee.

We Wire Flowers Worldwide. Help M.D.A. by sending an order between March 1st and June 30th. Main Street Florals, 227 Michigan Avenue. 348-7423.

Chuck Fick was trying to prove Sunday that spring hadn't really arrived yet! In spite of the gorgeous sunny day with the temperature in the high 40's, Chuck went snowmobiling near Grayling and found 6 to 8 inches of snow in the woods.

George Rushton, the grandson of Mr. and Mrs. Jack Rushton, is in the Detroit Children's Hospital for heart problems. Cards can be sent to George, a frequent visitor to the area and an organ player at the Grayling Senior Citizen Center, at 13308 Herbert, Warren 48089 - his home address.

Luncheon, Card Party at St. John

Luncheon, Card Party at St. John Lutheran Church, 710 Spruce St. Wednesday, April 4th at 1:00 p.m. Donation \$3.00.

Plant a Tree

The Crawford-Roscommon Soil Conservation District would like to encourage you to plant a tree this spring for reforestation, wildlife habitat, a windbreak, erosion control, beautification and/or Christmas trees.

Species available will be red, scotch & white pine; blue, Norway & white spruce; autumn olive and hybrid poplar - all in bundles of 50, 100, 250, 500 or 1,000.

The forest-wildlife packet (200 plants) contains honeysuckle, Siberian crab, silky dogwood and white spruce; and a songbird packet (200 plants) has Mt. Ash, Norway spruce, Washington Hawthorne and white cedar. All seedlings (plants) are 2 years old and are 5-10 inches in height.

Seedlings will be arriving by the first week in May? supply is limited, so contact the District Office now at 409 Lake Street; P.O. Box 156; Roscommon, MI 48653 or phone 275-5231 for information.

IN MEMORIUM

In memory of Cecil Tower, who left us so suddenly March 25, 1975, nine years ago.

Sadly missed by wife, Carrie Tower, son, Delbert Tower and wife Janet, grandson Curtis Tower, granddaughters, Helen, Culetha and Cecelia, great grandchildren, Timmy, Katie and Tommy.

11 Crawford Co. Avalanche Thurs., Mar. 29, 1984

John's Hallmark

SPECIAL OF THE WEEK

10% Off

All Party Goods, Wedding, Shower, Birthday's and Miscellaneous.

Wed., Mar. 28 thru Tues., Apr. 3rd

Grayling Mini-Mall — Phone 348-3181

GRAYLING RECREATION AUTHORITY

© LAS VEGAS NIGHT ©

PARTY

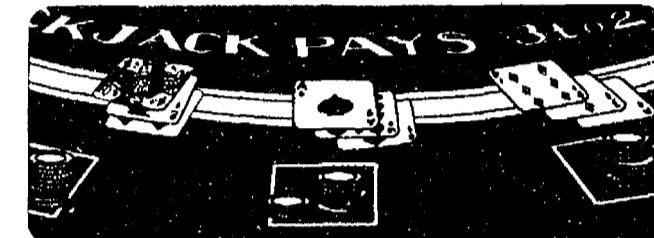
Saturday, April 7th

7:00 P.M. - 2:00 A.M.

Hanson Park Lodge

Proceeds for park operation

TICKETS — \$5.00 IN ADVANCE — \$6.00 AT DOOR
Ticket price includes \$2.00 worth of chips.



THANK YOU PEOPLE OF G

ELECTRICAL BUILDERS SPECIALS!!

D 100 AMP MAIN BREAKER BOX WITH MAIN BREAKER & COVER \$49.99

ITE 15, 20, 30 & 40 AMP DOUBLE POLE BREAKERS \$7.99 EACH

250' 12.2 ROMEX BOX WITH GROUND \$19.99

250' 14.2 ROMEX BOX WITH GROUND \$14.99

Steel Switch or Octagon Boxes .79¢

PVC 1 Gang Electrical Box 3/\$1.00

21 DOOR PRIZES

7 GIVEN AWAY EACH DAY

GRAND PRIZE — Telephone Clock Radio

Gal. PPG Best Flat Wall Paint

Three Year Warranty

\$6.49

FESCO® 20 Gal. TRASH CAN

Won't rust, dent, crack... or rattle! Lid has metal lock-handles plus extra 3 gal. capacity for those messy over-flows. 8620(79)

Brusier

Three Year Warranty

\$6.49

FESCO® 20 Gal. TRASH CAN

Won't rust, dent, crack... or rattle! Lid has metal lock-handles plus extra 3 gal. capacity for those messy over-flows. 8620(79)

Brusier

Three Year Warranty

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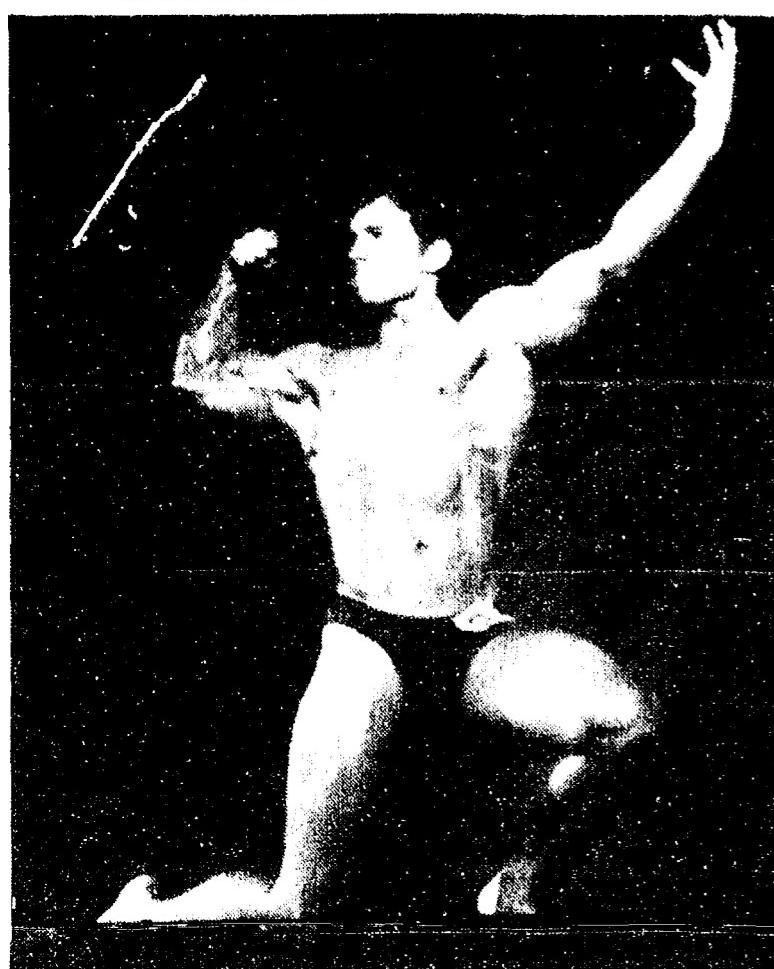
Brusier

Three Year Warranty

\$6.49

FESCO® 20 Gal. TRASH CAN

Local Man Captures 5th In Mr. Grand Traverse Title



Patrick Ferrigan of Grayling captured 5th place in the Mr. Grand Traverse Regional Physique competition held March 3, at the Park Place Dorne in Traverse City. Ferrigan's brother Richard also entered in the contest, placed 7th.

Ferrigan who is 28 years old has been training at home for the past 6 years, has worked very hard to obtain this success. In addition to hard work it also takes the dedication of working out 6 days a week, plus strict dieting in order to reach a peak level of desired weight and muscularity.

Two younger brothers Tim and Joe placed 2nd (Tim) and 3rd (Joe) in their weight divisions of a powerlifting contest held March 17, in Kalkaska. Congratulations to all.

Chamber Chatter

By Joyce Kolka

With the arrival of spring ones thoughts begin to dwell on the arrival of mushrooms. When and where can they be found and so the hunt begins. Brian and Cindy Peacock of the San-Sheri Campground and Restaurant are willing to head up a mushroom hunt or festival, but need volunteers to assist. Interested persons may call them at 348-8892 or call the chamber office at 348-2921.

The Artrain will be opening its doors to the general public in just a few days. A truly great experience one cannot afford to miss as the admission is free and the entertainment superb.

Former chamber director, Walt Nowak, will be returning to his director's position with the chamber on a part time basis the first of April. He previously worked for the membership from 1977 to 1981 and then took his retirement. However, "You can't keep a good man down," so the saying goes and the Board of Directors and staff certainly welcome him back and look forward to working with him again.

Have you ever heard the beautiful voices and music of the students of Andrews Academy?" Whatever your answer is, you won't want to miss them this time. They will be performing for the Grayling community and all of Crawford County on Friday, April 6th beginning at 7:30 p.m. at Camp AuSable, off M-72 East. Admission Free. Their community appreciation musical is entitled "Spring and Resurrection." What a lovely way to spend an evening!

An I-75 Corridor Committee Meeting was held last week at Holiday Inn with excellent ground rules laid. Roscommon County and Otsego County are interested in joining forces with Crawford. Another meeting and seminar is being planned for the very near future with all three counties sharing ideas and working together as a unit to encourage tourism along the I-75 Corridor.

Your Week Ahead Horoscope

Forecast Period: 4/1-4/7/84

ARIES Mar. 21-Apr. 19	The new moon gives you the push to undertake new ventures. Work off some of the restless energy it creates.
TAURUS Apr. 20-May 20	Be realistic where business transactions are concerned. Build for the future, but keep your mind on the daily happenings.
GEMINI May 21-June 20	Your humanitarian spirit keeps you involved in community activities. Recognize a worthwhile idea and work with it.
CANCER June 21-July 22	Push for career gains. Use diplomacy in dealing with higher ups. Be practical in what you request.
LEO July 23-Aug. 22	Wait till Wednesday before legalizing any document. Look within for guidance on how to handle the matter.
VIRGO Aug. 23-Sept. 22	Be sure tax matters are current and in order. This is not the time to cut corners here and there.
LIBRA Sept. 23-Oct. 22	Make your mate happy with a gift. A membership at the local health spa would be especially pleasing.
SCORPIO Oct. 23-Nov. 21	Take pains with diet and nutrition. There's really no need to put yourself in sick bay for a single day.
SAGITTARIUS Nov. 22-Dec. 21	Speculative matters could be very productive. Play your cards carefully, and keep your vision clear.
CAPRICORN Dec. 22-Jan. 19	Many friends seek the pleasure of your company. Home entertainment could be a source of stimulating relationships.
AQUARIUS Jan. 20-Feb. 18	Be careful in your journeys around the local scene. There could be an unexpected jolt waiting in the shadows.
PISCES Feb. 19-Mar. 20	Check extravagance. Set up a savings account and see if you can get the income and outgo in better balance.

Notice of Public Hearing

The Crawford County Housing and Community Development Commission will hold two public hearings, both scheduled for April 2, 1983, one at 3:30 p.m. in the Housing Commission office at the Crawford County Courthouse and one at 7:00 p.m. in the Housing Commission office of the Crawford County Courthouse.

The purpose of the hearings is the change in use of a portion of the Housing Commission funds from MSHDA Housing Rehabilitation County right down to a County wide Rental Rehabilitation Program. Amount of funds involved is \$50,000.00.

CHURCH DIRECTORY

FASCINATING FISHES

"See! See!" Amy cries, using one of her new-found words. Her voice trembles with wonder, and suddenly the fish Bob brought her become more than ordinary. They're magical creatures, slashing through the water with a flick of their tails, golden gleams of fascination.

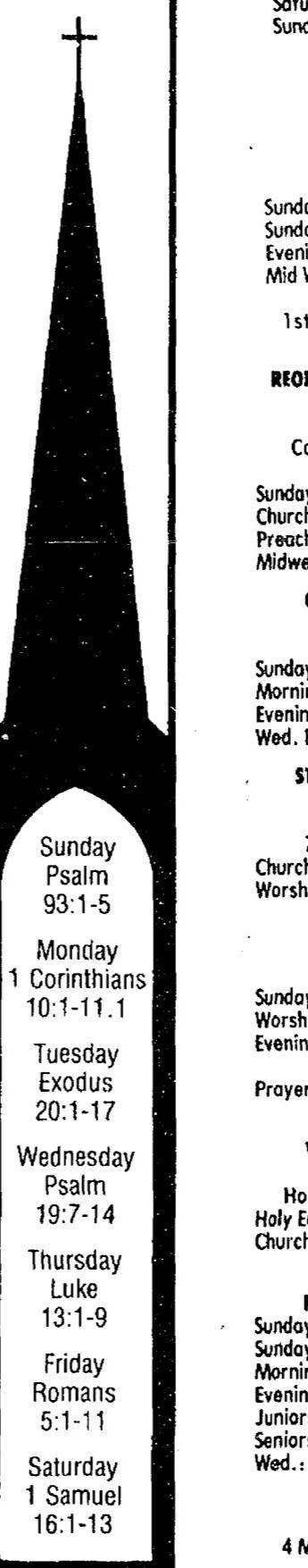
How thrilling is a baby's world — changing, growing. Every day brings a new experience, some added lore to shape the growing personality.

Bob and I know how important these days are in Amy's development. Her acquaintance with the world now will affect her life greatly. That's why we take her to church every Sunday. We want her to learn of God's love from earliest remembrance.

God is the light of the world. His Church offers you and your family the opportunity to make His presence a joyous reality in your lives.



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SEVENTH DAY ADVENTIST
Pastor, Gordon Stecker
Phone 348-2342

Services held on Saturday at Camp AuSable Youth Camp, in the school building, the 1st building on the right off new entrance road.

Church Service 9:30 a.m.

Sabbath School 10:30 a.m.

Prayer Meeting Tuesday 7:00 p.m.

All are welcome.

ASSEMBLY OF GOD

Rev. Donald Roberts
911 Elm St. - Phone 348-7132

Sunday School 10:00 a.m.

Morning Worship 11:00 a.m.

Evening Service 6:30 p.m.

Prayer Meeting Wednesday 7:00 p.m.

LOVELLS CHAPEL

Rev. Harry Hilton

Sunday School 10:00 a.m.

Chapel Service 11:00 a.m.

JENOVAN'S WITNESSES

Mr. Donald P. Nordin

Mr. Robert T. Kim

Phone 348-4981 - Kingdom Hall

Public Talk 10:00 a.m.

Watch Study Sunday 11:00 a.m.

Book Study Tuesday 8:00 p.m.

Ministry School Thursday 7:30 p.m.

Service Meeting Thursday 8:30 p.m.

MT. HOPE EVANGELICAL LUTHERAN

MISSOURI SYNOD

Rev. Dale A. Bond, Pastor

905 Old U.S. 27 North

Grayling, Mich.

Saturday Worship 7:00 p.m.

Sunday School & Adult Bible Class 9:00 a.m.

Sun. Wor. June 20 thru Labor Day 8:00 a.m.

Sunday Worship 10:30 a.m.

MICHELSON MEMORIAL UNITED METHODIST

Minister, Jeffery D. Regen

Education Ass't: Ann Morford

Worship Services 9 & 11:00 a.m.

Church School 9:40 a.m.

Youth Fellowship Sunday 6:30 p.m.

Cherub & Youth Choir Thurs. 6:30 p.m.

Senior Choir Thurs. 7:30 p.m.

FREE METHODIST

Larry Evey - Pastor

6652 W. Kalkaska Rd.

(M-72 West) - Phone 348-5362

Sunday School 10:00 a.m.

Morning Worship 11:00 a.m.

Evening Service 6:00 p.m.

Prayer Meeting Wednesday 7:00 p.m.

CHURCH OF CHRIST

Gordon French - Minister

Old US 27 or Skyline Rd. Ph. 348-8573

Sunday:

Sunday School 10:15 a.m.

Communion & Preaching 11:00 a.m.

Sunday Evening 6:00 p.m.

Wed. Mid-week Bible Study 7:00 p.m.

Write or call for free Bible correspondence course.

BEAR LAKE CHRISTIAN

Rev. Glenn Frye - Pastor

Bear Lake Township

Community Center, M-72

Services 10:30 a.m.

AUSABLE VALLEY CHURCH OF GOD

6330 Johnson - Frederic

Morning Worship 11:00 a.m.

Evening Service 7:00 p.m.

Wednesday Prayer Service 7:00 p.m.

Pollock Fellowship 2nd Sunday

each month after morning service.

THE CHURCH OF CHRIST

with the Elijah Message

Pastor John Weaver

Kelly Avenue - Frederic

Sunday Worship 10:30 a.m.

Sunday Worship 7:00 p.m.

Wednesday Prayer Service 7:00 p.m.

ABUNDANT LIFE TABERNACLE

Rev. Floyd Holland

211 Shallenberger St. - Grayling, Mich.

Services:

Sunday Morning 11:00 a.m.

Tuesday Evening 7:00 p.m.

Saturday Evening 7:00 p.m.

Praise & Worship 7:00 p.m.

Richard H. Wedsworth - Pastor

Phone 348-5852



SAVE-WAY CARPET

& COIN-OP LAUNDROMAT & DRY CLEANING

Bob & Dorothy Mott, Owners

301 James - Grayling - 348-5081

McLEAN'S PROMART

Home Center - Complete Hardware

Sporting Goods - Giftware

Grocery - Phone 348-2931

A.J.D. FOREST PRODUCTS, INC.

East 4-Mile Road - Grayling - Phone 348-5412

BEN FRANKLIN FAMILY CENTER

Fabrics - Apparel - Shoes - Hardware

Auto - Toys - Electronics - TV's

I-75 Bus. Loop S. - Grayling - 348-2900

CERELLI'S HERB FARM & NATURAL FOOD STORE

Dione Cerelli, Owner - 1 Mi. N. of Frederic

Monday thru Saturday - 348-8727

GRAYLING AUTO PARTS & SUPPLY

Automotive, Snowmobile, High Performance

404 Norway Street - Phone 348-6681

CLYDE'S Heating & Plumbing

Licensed Plumbing & Heating Contractor

Clyde &

Sale No.	Description or Parcel	Sec. or Bkt.	Year for Delinquent	Total of Taxes, Interest and Charges Due in Dollars Cents	Sale No.	Description or Parcel	Sec. or Bkt.	Year for Delinquent	Total of Taxes, Interest and Charges Due in Dollars Cents	Sale No.	Description or Parcel	Sec. or Bkt.	Year for Delinquent	Total of Taxes, Interest and Charges Due in Dollars Cents	Sale No.	Description or Parcel	Sec. or Bkt.	Year for Delinquent	Total of Taxes, Interest and Charges Due in Dollars Cents	Sale No.	Description or Parcel	Sec. or Bkt.	Year for Delinquent	Total of Taxes, Interest and Charges Due in Dollars Cents
MAPLE FOREST TOWNSHIP																								
824. Lot 15	Twin Peaks No. 1	1981	345.24		1057. Lot 396	1981	45.05			1060. Government Lot 1 Sec. 2 T25N R1W	1981	183.39			1093. SW of NE4 of Sec. 2 T25N R1W	1981	26.1981	199.31		1139. Lot 29	1981	16.154.1		
836. Lot 12	1981	45.05			1061. N1/2 NE4 & NW4/ NE4 of Sec. 2 T25N R1W	1981	2.1981	399.39		1094. Comm. 60 rods N of SE4 of Cor. of NE4, Th W 24 rods, N 10 rods, E 24 rods, S 10 rods to POB, 1.5 A Sec. 27T25N R2W 25-27-4	1981	27.1981	139.90		1109. A part of the NW4 of Sec. 28 T25N R2W So. Br. Twp. Crawford Co., Mi. Comm. at the E4 Cor. of sd Sec. 28 Th W 18 rods, N 10 rods, E 24 rods, S 10 rods to the POB, Cont. 10.04 ac.	1981	2.1981	199.31		1197. Lot 29	1981	1.156.43		
837. Lot 4	1981	45.05			1062. Government Lot 1 Sec. 2 T25N R1W	1981	45.05			1095. The NW4/ of the NW4/ of Sec. 1, T25N R1W. 10.04 acres	1981	1.1981	1.1981		1100. Part of the NW4/ of Sec. 28 T25N R2W So. Br. Twp. Crawford Co., Mi. Comm. at the E4 Cor. of sd Sec. 28 Th W 18 rods, N 10 rods, E 24 rods, S 10 rods to the POB, Cont. 10.04 ac.	1981	2.1981	199.31		1200. Lot 29	1981	1.156.43		
838. Lot 15	1981	45.05			1063. Comm. 32 rods E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1096. Comm. 60 rods N of SE4 of Cor. of NE4, Th E 12 rods, S 20 rods, N 20 rods to POB 11.25 ac.	1981	2.1981	318.20		1101. Lot 29	1981	1.156.43							
839. Lot 6	1981	45.05			1064. Comm. 32 rods E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1097. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1102. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
840. Lot 7	1981	45.05			1065. Comm. 33 rods E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1098. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1103. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
841. Lot 19	1981	45.05			1066. Comm. 33 rods E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1099. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1104. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
842. Lot 10	1981	45.05			1067. NW4/ of NE4 of Sec. 1, T25N R1W	1981	45.05			1100. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1105. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
843. Lot 12	1981	45.05			1068. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1101. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1106. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
844. Lot 11	1981	45.05			1069. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1102. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1107. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
845. Lot 13	1981	45.05			1070. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1103. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1108. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
846. Lot 14	1981	45.05			1071. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1104. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1109. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
847. Lot 15	1981	45.05			1072. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1105. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1110. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
848. Lot 16	1981	45.05			1073. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1106. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1111. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
849. Lot 17	1981	45.05			1074. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1107. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1112. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
850. Lot 18	1981	45.05			1075. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1108. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1113. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
851. Lot 19	1981	45.05			1076. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1109. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1114. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
852. Lot 20	1981	45.05			1077. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1110. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1115. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
853. Lot 22	1981	45.05			1078. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1116. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1116. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
854. Lot 13	1981	45.05			1079. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1117. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1117. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
855. Lot 14	1981	45.05			1080. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1118. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1118. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
856. Lot 15	1981	45.05			1081. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1119. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1119. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
857. Lot 16	1981	45.05			1082. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1120. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1120. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
858. Lot 17	1981	45.05			1083. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1121. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1121. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
859. Lot 18	1981	45.05			1084. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1122. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1122. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
860. Lot 19	1981	45.05			1085. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1123. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1123. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
861. Lot 20	1981	45.05			1086. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1124. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1124. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05							
862. Lot 33	1981	45.05			1087. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981	45.05			1125. Beg. 46 rd E of NW4 of Cor. of Sec. 1, T25N R1W	1981													

Middle School News

On Monday, March 19, 1984 a spell-down of winners from 6th, 7th and 8th grades was held. The spell down narrator was Ms. Marianne Knepp of the Grayling Elementary School.

The students participating in the spell-down were: Hanna Peterson, Melanie Ojala, Jody Ball and Julie Fisher. Also, David Brown, Teddy Johnston, Jennifer Naour and Teresa Ferguson. All students from the sixth grade.

Seventh graders were: Lisa Mier, Grady Stoll, John Kraus, Sheila Churches, Linette Whitcher, Kris Partello, Amy LaGrow, Jeff Haas, Janice Helsel and Linda Denton.

Eighth grade contestants were: Flaskie Robins, Amy Phillips, Tracy Stodgel, Julie Huss, Dana Pratt, Ron Mehlhorn, John Kinne, Jenny Money, Matt Klemp, and Mike McNamara.

The winners in this round of spell down words were: 1st place for 6th grade - Hanna Peterson, 2nd place Jennifer Naour; 7th grade 1st place Linette Whitcher, 2nd place Lisa Mier; 8th grade 1st place winner Ron Mehlhorn and 2nd place Amy Phillips.

The winners will compete in another spell-down on Monday, April 2, 1984 at 7:30 p.m. in the middle school library. Awards will be presented to the winners.

Home Economics
Sewing activities are now completed and students are moving into foods lab with its many activities. Parents can expect their

NOTICE OF APPLICATION FOR ACQUISITION OF A BANK
BY BANK HOLDING COMPANY

Notice is hereby given by the applicant, Citizens Banking Corporation, Flint, Michigan, 48602, that it will apply to the Federal Reserve Board pursuant to section 3 of the Bank Holding Company Act for acquisition of shares of a bank. The applicant intends to acquire thirty-six thousand (36,000) shares or 100 percent of the outstanding shares of Grayling State Bank, Grayling, Michigan.

The public is invited to submit written comments on this application to the Federal Reserve Board at the Federal Reserve Bank of Chicago, 230 S. LaSalle Street, Chicago, Illinois, 60690. The comment period on this application will not end before 30 days after March 21, 1984. Call Nicholas P. Alban (312) 322-5876 at the Federal Reserve Bank of Chicago to find out if you have additional time for submitting comments on this application or if you need more information about submitting comments. The Federal Reserve Board will consider comments, including requests for a public meeting or formal hearing on application, if they are received by the Federal Reserve Board during the comment period.

Notice of Public Sale

TO WHOM IT MAY CONCERN:

PLEASE TAKE NOTICE that pursuant to a Decree of Foreclosure entered by the Honorable William A. Porter, Circuit Judge for Crawford County, Michigan, on February 21, 1984, the following described parcels of real estate will be sold at public sale by the Sheriff of Crawford County at the Crawford County Building, Grayling, Michigan, at 2:00 PM on Friday, May 18, 1984.

A. Lot 17, Plat of Warbler's Hideaway, according to the plat thereof recorded in Liber 2, Page 12, Crawford County Records;

B. Lots 601 and 606, Plat of Warbler's Hideaway No. 4, according to the plat thereof recorded in Liber 2, Page 24, Crawford County Records;

C. Lots 189 and 190, Plat of Northern Heights No. 2, according to the plat thereof recorded in Liber 2, Pages 35 through 37, Crawford County Records; and,

STATE OF MICHIGAN
County of Roscommon

All that part of W½ of SW¼ lying North of U.S. 27, Section 18, Town 25 North, Range 3 West, Beaver Creek Township.

Amount Paid \$29.64 tax for 1979.

Amount necessary to redeem, \$44.46 plus the fees of the Sheriff, \$20.59.

homemaking students to want to try their cooking skills at home. Word to the wise - make sure cooking activities at home are followed by complete clean-up. The teacher for this class is Mrs. Dora Lantzsch.

Geography & History

The 7th grade geography class students are working on a twenty page report on a State of their choice.

The 8th grade history class students have started to work on the "Transportation" projects which will be due April 13th.

History and geography teachers at the middle school are Mr. Tom St. Germain and Mrs. Ethelmae McDaniel.

Literature

Mrs. Judi Mesack's literature seventh and eighth grade classes are combining music and art with their studies of literature. They listen to different classical records weekly while they write their daily journal entries. Seventh grade students are reading "To Kill a Mockingbird" and eighth graders are reading "A Separate Peace."

Journalism

Mrs. Judi Mesack's journalism classes are writing news articles and collecting them for their first edition this semester due the end of March. They are learning to include who, what, when, where, why and how into a lead paragraph of a news story.

Parent Teacher Conferences

Parents are invited to visit their child's teachers on Thursday, March 29th, from 1:30 - 5:30 p.m. on this date. School will be dismissed at 1:15 p.m. on this date due to the conferences.

Little League Need Volunteers

The Grayling Little League is in desperate need of volunteer help for the coming season. Coaches and umpires are especially needed at this time.

Without additional adult help there is a possibility that some portions of the Little League program may not be run this season.

Any men or women who are interested please call Larry Akers at 348-8875 after 5 p.m.

Wife Avoiders

During daylight a Woda-be tribesman of Niger cannot hold his wife's hand in public, call her by name, or speak to her in a personal way.

Legal Notice

STATE OF MICHIGAN
To the Owner or Owners of any and all Interests in, or Lien upon the Land herein described:

TAKE NOTICE: that sale has been lawfully made of the following described land for unpaid taxes thereon, and that the undersigned has title thereto under tax deed or deeds issued therefor, and that you are entitled to a reconveyance thereof, at any time within 6 months after return of service of this notice, upon payment to the undersigned or to the Register in Chancery of the County in which the lands lie, of all sums paid upon such purchase, together with 50 per centum additional thereto, and the fees of the Sheriff for the service or cost of publication of this notice, to be computed as upon personal service of a declaration as commencement of suit, and the further sum of five dollars for each description without other additional cost or charges: Provided That with respect to purchasers at the tax sale held in the years 1938, 1939 and 1940 the sum stated in such notice as a condition of reconveyance shall only be all sums paid as a condition of the tax title purchase, together with 10 per centum additional thereto. If payment as aforesaid is not made, the undersigned will institute Proceedings for possession of the land.

STATE OF MICHIGAN
County of Roscommon

All that part of W½ of SW¼ lying North of U.S. 27, Section 18, Town 25 North, Range 3 West, Beaver Creek Township.

Amount Paid \$29.64 tax for 1979.

Amount necessary to redeem, \$44.46 plus the fees of the Sheriff, \$20.59.

John W. Ransom
c/o Conlin, Conlin,
McKenney & Philbrick
700 City Center Bldg.
Ann Arbor, Michigan
48104-1994

To William H. & Rita Charter
last known address Box 782-C
Roscommon, Mi 48653.

1-8-15-22-29-

Amended Notice of Mortgage Sale

Default having been made in the terms and conditions of a certain mortgage made by JOSEPH N. MATTHEWS of 3780 N. Euclid, Bay City, Michigan, as Mortgagor, to MICHAEL C. SMITH and ANN GODDEYNE, husband and wife, of 38 Bank Street, Lebanon, New Hampshire 03763, as Mortgagee, dated the 4th day of June, 1983 in Liber 216 of Mortgages, Pages 345-346, upon which Mortgage is claimed to be due at the date of this notice the sum of EIGHT THOUSAND SEVENTY-ONE and 29/100 DOLLARS (\$8,071.29) and no suit or proceedings at law or in equity having been instituted to recover the debt secured by said Mortgage, or any part thereof.

NOW THEREFORE, by virtue of the power of sale contained in said Mortgage, and pursuant to the statute of the State of Michigan in such case made and provided, notice is hereby given that on the 27th day of April, 1984 at 10:00 a.m. in the forenoon, said Mortgage will be foreclosed by a sale at public auction to the highest bidder, at the front door of the Courthouse in the City of Grayling, Crawford County, Michigan, that being the building where the Circuit Court for the County of Crawford is held, of the premises described in said Mortgage, with interest thereon at ten (10%) percent per annum, and all legal costs, expenses and charges, including the attorney fees allowed by law, and also any sum which may be paid by the undersigned to protect its interest in the premises which said premises are described as follows:

Beginning at the Southeast corner of the Northeast ¼ of the Northeast ¼ of Section 31, Town 25 North, Range 2 West, running thence North 200 feet, thence West to the South Branch of the AuSable River, thence South along said river to the North 1/8 line of said Section 31, thence East along said 1/8 line to the point of beginning. Said description includes all land to the water's edge. Crawford County, Michigan and South Branch Township.

The period of redemption according to MSA 27A3240(3) expires six (6) months from the date of sale.

MICHAEL C. SMITH and ANN GODDEYNE, husband and wife, Mortgagors. Dated this 14th day of March, 1984.

DOUGLAS C. DOSSON
Attorney at Law
309 Lake Street
P.O. Box 593
Roscommon, Michigan 48653
-22-29-5-12-19-26-

Notice of Mortgage Foreclosure Sale

Default having been made in the conditions of a certain mortgage made the 28th day of August 1980, by DENNIS J. & RENEE R. VANANTWERP, husband and wife as mortgagors(s), to the United States of America, as mortgagee, and recorded on September 2, 1980, in the Office of the Register of Deeds for Crawford County, Michigan, in Liber 189 of mortgages on pages 522-525; on which mortgage there is claimed to be due and unpaid at the date of this Notice Twenty eight thousand twenty and 87/100 Dollars (\$28,020.87) principal and Six thousand five hundred thirty and 53/100 Dollars (\$6,530.53) interest; no suit or proceeding at law or in equity having been instituted to recover the debt, or any part of the debt secured by said mortgage, and the power of sale contained in said mortgage having become operative by reason of such default;

NOW THEREFORE, Notice is hereby given that on April 25, 1984 at 10 o'clock in the forenoon at the Front Steps (East Side) of the Courthouse in Grayling, Michigan, that being the place for holding the Circuit Court for the County of Crawford, there will be offered for sale and sold to the highest bidder, at public sale, for the purpose of satisfying the amounts due and unpaid upon said mortgage, the lands and premises in said mortgage mentioned and described, as follows, to wit: That property located in Crawford County, in the State of Michigan, Lots 18, 19, and 20, Block 1 of Karen Woods Subdivision, Grayling Township, County of Crawford. The redemption period will be six months from the time of such sale. Property may be redeemed by paying the amount of the bid at the foreclosure sale plus 11 1/4% interest and unpaid encumbrances on the property from date of sale. Dated March 14, 1984. For additional information, please contact: UNITED STATES OF AMERICA, acting through Farmers Home Administration, Room 209, 1405 South Harrison Road, East Lansing, Michigan 48823, Mortgagee.

Amount Paid \$29.64 tax for 1979.

Amount necessary to redeem, \$44.46 plus the fees of the Sheriff, \$20.59.

John W. Ransom
c/o Conlin, Conlin,
McKenney & Philbrick
700 City Center Bldg.
Ann Arbor, Michigan
48104-1994

To William H. & Rita Charter
last known address Box 782-C
Roscommon, Mi 48653.

1-8-15-22-29-

The Avalanche —
Your Want Ad Paper

12-15-22-29-

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1-8-15

Do It Yourself or have it done Professionally by

GRAYLING FLOOR COVERING

M-72 West Grayling - 517/348-8934

CRAWFORD COUNTY LOVELLS TOWNSHIP ANNUAL MEETING

1:00 P.M. — March 31, 1984

This meeting will serve as a hearing on all budgets for fiscal year 1984-1985, General, Fire, Landfill, Liquor and Federal Revenue Sharing.

Copies of the proposed budgets will be available at the home of the Clerk after March 24, 1984.

-22-29-

Helen M. Spencer,
Township Clerk

Community Calendar of Events

Mar. 28 - Red Cross Blood Bank - High School 9:00 a.m.
-3:00 p.m.
Mar. 31-Apr. 4 - Artrain - Downtown Grayling by Railroad tracks
Apr. 6 - "Spring & Resurrection" Musical by Andrews
Apr. 7 - Lincoln Day Dinner - Republican Party - Am. Legion Hall 6 p.m.
Apr. 7 - Grayling Youth Booster Club Dinner 5 p.m. - Patty's Place.
Apr. 9 - Blood Pressure Clinic - Mercy Hospital 3:30-7:30 p.m.

Phone in your public events to: 348-2921.
Join the crowd and support
your local activities!!!

GRAYLING Regional Chamber of Commerce

Kirtland's Performing Artist Series Presents

THE U OF M WOMEN'S GLEE CLUB
SINGING SPIRITUALS, CLASSICS, POP, AND U of M LOYALTY SONGS

SUNDAY, APRIL 8th
3:00 pm.

KIRTLAND AUDITORIUM

CALL 275-5121, ext. 226 for info.

\$400 ADULTS, \$300 SR. CIT./STUDENTS

TICKETS AVAILABLE AT THE DOOR AND AT:

W. Br. The Village Smaller Kirtland Booksellers Houghton Lake Chem. Co.
Rose City Public Library Mr. Dressmaker Higgins Lk. W. True Value
Roscommon Hardware Flowers by Josie St. Helen Pharmacy

OPENING MARCH 28th

Many Styles to Choose From
Mens, Womens & Teens

North Country Casuals

Crazy Horse Fatty Young Blood
Chez Marcel \$18.50
Jordache Pin Stripe, Baggy (Womens) \$37.00
Cheeno Stripe \$25.00

Clip Ad & Receive 10% off on Anything in the store &
an Additional 5-10% off in store Drawing.

Sasson Chardon
Short Sets Starting at \$12.00
Members Only Collage You Babe

Stop in & Register for Gift Certificate
to be given away during April Grand Drawing.

Ph. 348-2434
Grayling Mini-Mall

Next to John's Hallmark

Bowling Leagues

PIONEER LEAGUE

1. Dawson's	31	7. Helsel's Firewood	25½
2. Millikin Construction	28	8. D.J. Electronics	17
3. NNB	25½	High Game: G. Jones 206, J. Rasmussen 199, R. Ouellette 95.	
4. Terry & Dave's 76	25½	High Series: R. Ouellette 522, G. Jones 510, S. Phillips 494.	
5. Cornell Agency	25	Bev. Sparks bowled 3 games of 124.	
6. Main Street Florals	22	FRIDAY NIGHT MIXED	
7. Avalanche	22	1. Rochelle's Party Store	31
8. Skip's Sport Shop	13	2. Moshiere S & S.	30½
High Game: B. Pryor 217, N. Millikin 210, J. Hinds 202.		3. Jack Millikin Inc.	27½
9. Stewart Sandwiches	27	4. The Hair Station	25½
10. Holiday Inn	25	5. The Ten Pins	22
11. Scheer Motor	20	6. T.P.G.R.	20
12. American Legion 106	19	7. Die Hards	18
13. McLeans Pro-Mart	13½	8. Stephan Wood Products	17½
High Series: J. Golnick 571, R. Mansfield 568, R. Weaver 553.		High Game: D. Zelek 203, S. Harvey 186, P. Shepherd 453.	
High Game: J. Golnick 235, R. Weaver 222, R. McLean 210.		High Game: J. Harvey 199, J. Millikin 197, J. Golnick 191.	
14. Skyp's Sport Shop	17	High Series: J. Millikin 555, J. Parks 533, C. Johnston 513.	
15. Pineview Surplus	31	SUNDAY NIGHT MIXED DOUBLES	
16. Wilts Carpet	20½	1. AJD Forest Products	23
17. Skip's Sport Shop	28	2. Fuelgas	19
18. Stewart Sandwiches	27	3. Down River True Value	19
19. Holiday Inn	25	4. The Roost Motel	18
20. Scheer Motor	20	5. Carlisle Paddles	19
21. American Legion 106	19	6. K & K Masonry	17
22. McLeans Pro-Mart	13½	7. Tom's Welding	16
High Series: J. Golnick 571, R. Mansfield 568, R. Weaver 553.		8. Holiday Mart	12
High Game: J. Golnick 235, R. Weaver 222, R. McLean 210.		High Game: K. Mosher 180, R. Leas 176, B. Grant 172.	
13. D.J. Electronics	17	High Series: K. Mosher 488, B. Grant 473, S. Phillips 461.	
14. Spikes	28	High Game: T. Denno & J. Harvey 203, R. Mosher 185, D. Ray 180.	
15. Grayling Moose Club	26	High Series: T. Denno 540, J. Harvey 529, R. Mosher 512.	
16. Legion Lanes	25	RECREATION LEAGUE	
17. Dee's Ice	24	1. Scheer Motors	38
18. Video Barn	24	2. R & H Sports	29½
19. Grayling Restaurant	23	3. Bay City Times	28
20. River Rats	21	4. Timberview Village	27
21. D.J. Electronics	17	5. Grayling Power & Equip.	27
22. Spikes	28	6. Krummel Beverage	26½
23. P.D. D&M, D&B Tires Inc.	28½	7. Grayling Judo Club	26
24. Weyerhaeuser	28	8. Grayling State Bank	26
25. Terri's Vinyl	27	9. Oxbow Club	25½
26. Ghost Team	25	10. Terry's Sports Center	25
27. Parson's Advertising	22½	11. Bear's Country Inn	24
28. Callahan's	21	12. Savemill	22½
29. Little Caesar's	11	13. John's Hallmark	21
30. High Game: S. Petton 176, T. Papendick 172, D. Doremire 171.		14. Spike's	18
31. High Series: S. Petton 550, P. Pottorff 453, T. Papendick 442, B. Wilcox 437.		High Game: J. Stevens 223, M. LaMotte 191, J. Potter 180.	
32. P.D. D&M, D&B Tires Inc.	28½	High Series: M. LaMotte 518, J. Potter 502, J. Stevens 498.	
33. Weyerhaeuser	28	ROOKIE ROLLERS	
34. Terri's Vinyl	27	1. Wendy's	23
35. Ghost Team	25	2. Main St. Florals	22
36. Parson's Advertising	22½	3. NNB	22
37. Callahan's	21	4. Dubois Lumber	15
38. Little Caesar's	11	5. AuSable Motel	15
39. High Game: S. Petton 176, T. Papendick 172, D. Doremire 171.		6. Grayling State Bank	15
40. High Series: S. Petton 550, P. Pottorff 453, T. Papendick 442, B. Wilcox 437.		7. Legion Lanes	10
41. High Series: M. McMillan 208, L. Laguivel 181, J. Roberts 174.		8. 4-H	9
42. High Game: D. Hoffman 213, C. Johnson 210, W. Fedewa 203.		High Series: M. McMillan 208, L. Laguivel 181, J. Roberts 174.	
43. AMERICAN 1st DIV.		High Game: M. McMillan 106, L. Laguivel 93, J. Roberts 93.	
44. 1. Jo Ann's Fudge	27	High Series: M. Cole 196, K. Ockerman 185, C. Knight 153.	
45. Mac's Drugs	20	High Game: S. Taxidermy 97, Cole 101, Hayes 88.	
46. Schan's Plumbing	17	PIN PALS	
47. 4-Eleven	15	1. Mickey Perez CPA	37
48. Legion Lanes	14½	2. Moshiere Sales & Service	30
49. Team No. 2	14	3. Little Caesars	24½
50. Glen's Mkt.	14	4. Cornell Ins. & Real Estate	23
51. Legion Post 106	10½	5. Pete the Greek	22
52. Jack the Tinter	100½	6. Millikin, Inc.	18
53. Davis Jewelers	97	7. Rochette's	17½
54. Jerry's Taxidermy	96	High Game: S. Hatfield 166, T. Gollnick 155, M. Gatti 146.	
55. D.J. Electronics	82	High Series: S. Hatfield 423, K. Gattl 357, D. Phelps 41, Bentley 355.	
56. High Series: T. Grant 564, D. Hoffmann 563, K. Moore 550.		High Game: C. McLeod 137.	
57. High Game: D. Hoffman 213, C. Johnson 210, W. Fedewa 203.		High Series: C. McLeod 455, M. Goddard 429, C. McLeod 388.	
58. AMERICAN 1st DIV.		EARLY BIRDS	
59. 1. Fred's Auto Body	36	1. AJD Forest Products	34½
60. 2. Milltown Traders	34	2. Wilts Carpet Serv.	32½
61. 3. Comfort Mart	30	3. Image Makers	28½
62. 4. Legion Rollers	27½	4. Perez C.F.A.	24
63. 5. Laurines	27	5. Grayling True Value	23½
64. 6. Bubbles Belles	27	6. Down River True Value	20½
65. NORTHWOOD LEAGUE		7. Klein & Klein Insurance	18
66. 1. Fred's Auto Body	36	8. AuSable Maniste Realty	14½
67. 2. Milltown Traders	34	9. High Game: M. Perez 175, D. Grant 169, T. Millikin 163.	
68. 3. Comfort Mart	30	High Series: M. Perez 434, S. Denton 428, D. Grant 422.	
69. 4. Legion Rollers	27½	High Game: E. Wilde 204, B. Bellanger 198, E. Cline 190.	
70. 5. Laurines	27	High Series: D. Burrick 489, B. Cline 478, J. Laskowski 421.	
71. 6. Bubbles Belles	27	High Game: D. Burrick 216, B. Cline 170, J. Laskowski 169.	
72. Family Stress		Family Stress	
73. Extreme stress caused by divorce, unemployment, illness, or death in the family can cause parents to occasionally "lose their cool" with their kids and do or say things which they later regret. A Parent Support group is being formed to provide a caring group of people who have been through the same kind of experience who can encourage one another and perhaps share ideas on "coping".		For more information concerning the group, or need transportation, call 348-8702 and ask for Kathy.	
74. If your family has been under more stress than is usual, you may be interested in this group. It meets every Monday afternoon from 1:00 to 3:00 p.m. however, we may change to an evening meeting if there is a need for those attending.		Michelson United Methodist Church has graciously allowed us to use two rooms, one for the meeting and one for child care, which is provided free of charge by R.S.V.P. volunteers (up to age 10).	
75. Michelson United Methodist Church has graciously allowed us to use two rooms, one for the meeting and one for child care, which is provided free of charge by R.S.V.P. volunteers (up to age 10).		If you would like more information concerning the group, or need transportation, call 348-8702 and ask for Kathy.	
76. As I wrote you several years back, one of these days the sun will shine on both sides of the fence, and everybody will then be happier.		Best Regards, Charlie Burgess Englewood, Fla 33533	

What's New At Munson?

Regional Health Care Report

Supplement to The Record-Eagle — March 1984

IN THIS ISSUE A LOOK AT HEART CARE

- Risk factors
- Heart attack
- Pacemakers
- Cardiac Care Unit
- Rehabilitation
- Portable EKG
- Echocardiography
- Streptokinase
- Thallium imaging
- Nutrition
- Patient costs



Cardiac Care Unit nurse Paula Seguin, RN, checks the progress of heart patient Irvin Luper at Munson Medical Center. Munson combines a caring attitude towards patients along

with the highest quality in diagnostic and treatment procedures for heart disease. For a look at some of the hospital's many heart care services, turn the page.

Munson Medical Center/Traverse City, MI



Traverse City resident Mike Giuffre, 49, spent last Christmas in Munson's Cardiac Care Unit recuperating from a heart attack caused by the

obstruction of a coronary artery by a blood clot. A salesman with Nestle, Inc., Mike is presently enrolled in Munson's Cardiac Rehabi-

litation Program under the care of family practitioner Paul A. Heidel, M.D. His story is as follows:

'I knew I was having a heart attack ...'

A day last December changed Mike Giuffre's life

"I was on the road on a sales trip and I was staying in Manistee. I had gotten into town late the night before so I stayed over because I had calls to make the next day. Just before I went down to breakfast, I broke out in a sweat and started to get some chest pains that I thought were just gas."

"They went away and I started to make a few calls. Then I started having pains again and I bought a Pepsi, thinking that would help. They seemed to go away."

"At first, I thought they were just gas, except for the sweating; I couldn't figure that out. I made another call and when the pain came back, I started to suspect that something was wrong."

"Then when I got home, the pains started again and my wife convinced me that I was probably having a heart attack. She took me to the emergency room and we told them that I was having chest pains. I remember asking my wife on the way to the hospital how my color was."

"I think at that point I knew I was having a heart attack because my pains were starting to get a little more severe. Once I got to Munson, I felt like I was in the hands of the hospital and the Lord and I felt like at least I had made it. At that point, there's not too much you can do but trust your doctor and lay back and try to relax."

"Once I got there, they told me that Dr. Gregory was available and that he was in the hospital. They explained streptokinase to me as well (see related article). By this time I was in my third or fourth series of pain and it was about noon. The pains had been coming since about 7:30 that morning and I found out that I'd been having an attack all during that time."

"After that, I'm a little hazy about what happened. I knew that an artery was plugged with a blood clot and that the streptokinase was there to remove it. When they shot the streptokinase into me, the blood clot dissolved almost immediately. They said it was one of the quickest times it had worked for them."

"I had my heart attack on December 18 and I think I was in the hospital about two weeks. I spend Christmas at Munson."

"Each day once you're feeling alright, they have a different speaker (in the Cardiac Care Unit). I heard about the Cardiac Rehabilitation program that I'm in now and a dietitian came and talked about the importance of nutrition. I think we had about four speakers in all."

"You do get the feeling when you're a patient that Munson is a caring place. I think it's true even in the (rehabilitation) program that I'm in now. I felt very well cared for

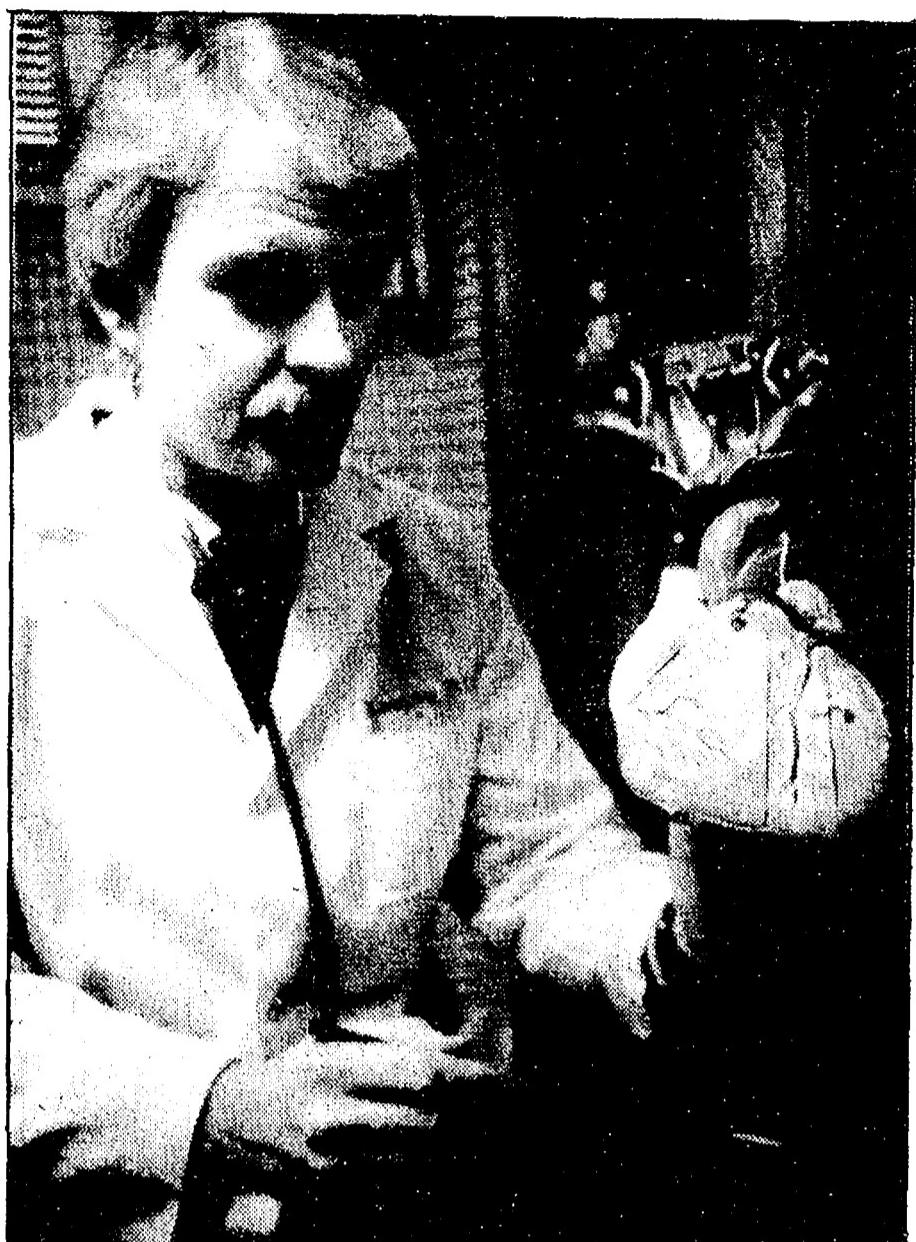
and even the food was great for a hospital."

"The heart attack came as a little bit of a surprise, although my grandfather and father had heart attacks too. I had smoked two packs of cigarettes a day, you know, and my job is somewhat stressful at times. I also ate all the wrong foods. Looking back in retrospect, I did everything wrong — I was kind of asking for a heart problem, I think. In fact, I remember saying to myself a few weeks before this happened that I'd better change my living style, because I can't go on like this. I've learned since then about things such as watching your diet and I've changed my whole lifestyle. I quit smoking from the day I was in the hospital."

"I feel great now, and I probably will feel better and be in even better condition than before the heart attack happened because of the new diet and not smoking and exercising more. I feel that it was just something that happened and I have to live with it."

"I think that if anybody feels like they're getting a heart attack, they shouldn't fool around with it. They should just go straight to the hospital because maybe they'll be able to save all of their heart if they do. Part of my heart isn't the same now because I didn't get there quick enough. If you have any doubts, just go."

Know warning signs of heart disease



Cardiologist Jonathan Gregory, M.D., uses a scale model of the heart to explain its function as well as the procedures used to treat heart disease.

There's good news for victims of heart disease these days: Although heart attack is still the nation's number one killer, there has been a 30 percent decrease in deaths from coronary artery disease since 1967, due mostly to advances in medical technology.

"An important point in the '80s is that coronary artery disease is on the decline," said cardiologist Jonathan M. Gregory, M.D., Medical Director of Munson's Cardiac Care Unit, EKG Services and Cardiac Rehabilitation Program. "The reason we seem to have more coronary disease is because we have more people living longer than they did in the past. If you look at a group of 30 or 40-year-olds in 1980 compared to the same group on 1960, you'd find that more had heart disease then than do now."

Nationwide, more than half a million Americans die of heart attacks each year, including an estimated 350,000 who die before reaching a hospital. Many of these victims could have been saved, however, by recognizing the warning signs of heart disease, seeking help on a timely basis, and by adopting healthier lifestyles.

At Munson Medical Center, referring physicians from throughout northern Michigan have access to some of the country's most advanced diagnostic and treatment services. Procedures such as cardiac catheterization, echo cardiography and thallium imaging (see related stories) can provide vital information on the heart and coronary arteries which can be used to avert tragedy.

Treatment for heart disease patients is readily available, but unless the patient knows some of the risk factors

and warning signs of a heart attack, the treatment may come too late to prevent partial or extensive damage to the heart. Considering that an estimated 40 million Americans have some form of cardiovascular disease, a knowledge of the warning signs can be of great value to both potential victims and their families.

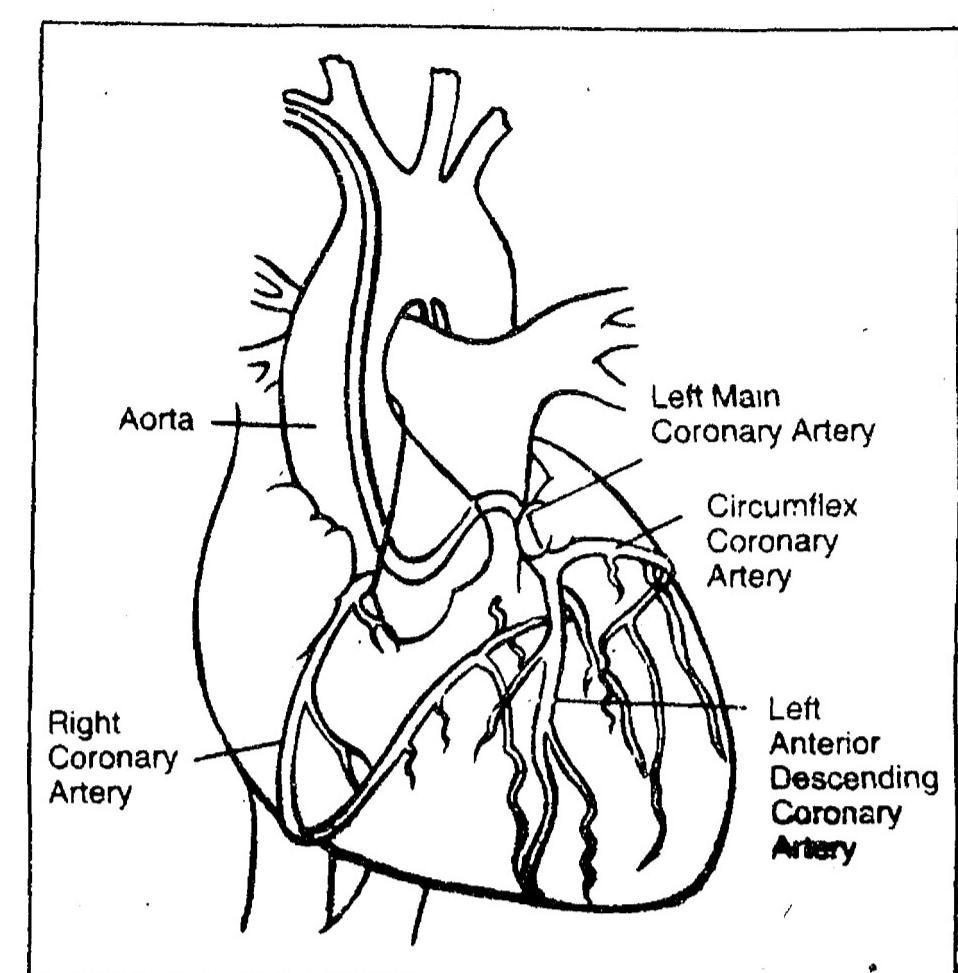
What are some of the major risk factors leading to a heart attack?

"If you came in to ask me what your risk factors were and you were 40 years old and feeling fine, the first thing I'd ask you is to tell me about your family," Dr. Gregory said. He added that people from families which have a history of heart disease may be more susceptible to heart problems. These family members should be monitored from an early age and encouraged to develop good health habits.

Yet another risk factor is smoking cigarettes. Dr. Gregory said smoking has been linked with the build-up of coronary artery disease or 'hardening of the arteries'. As yet, the mechanism by which smoking damages the heart and arteries is not fully understood and some patients may be reluctant to accept that smoking is a heart as well as a lung problem. Nonetheless, smoking is considered one of the highest risk factors and kicking the habit is part of every heart attack victim's treatment at Munson.

High blood pressure also contributes to heart disease, but fortunately, medications developed over the past 20 years or so have played a role in reducing heart problems related to hypertension.

"The public has a greater awareness of the problems



The heart receives its blood supply through a system of arteries, which may become 'clogged' by the narrowing process of coronary artery disease. Illustrations by Leone Kroupa, R.N.

'An important point in the '80s is that coronary artery disease is on the decline'

— Dr. Gregory

created by hypertension now and the medications are much better than they were in the past," Dr. Gregory said. "Some of the earlier medications had unpleasant side effects such that patients often would discontinue taking them. Although the newer medications may also have side effects, the physician can often adjust the dosages to render them acceptable to the patients."

Persons concerned about high blood pressure can control it to some extent through regular exercise, weight control and reducing salt in the diet. Blood pressure should also be checked at least twice a year, especially after the onset of middle age.

High blood fats, or cholesterol, is yet another risk factor in heart disease. A 10-year government study released in January found that lowering cholesterol reduces heart attacks. It also found that every one percent drop in the level of cholesterol in the blood stream results in a two percent decrease in the chances of a heart attack occurring.

"Most heart attacks today are caused by blockage of coronary arteries," Dr. Gregory said. He added that the blockage is caused by the build-ups of 'plaque', which is composed primarily of excess fat particles called lipids. These plaques gradually narrow the vessel, limiting the blood supply to the heart.

The heart is supplied with oxygen-rich blood by the arteries and when one or more of the arteries become obstructed, that part of the heart is deprived of oxygen, resulting in damage to the heart muscle. A heart attack results when the blood supply is cut off by severe narrowing of the arteries or by the obstruction of an artery by a blood clot.

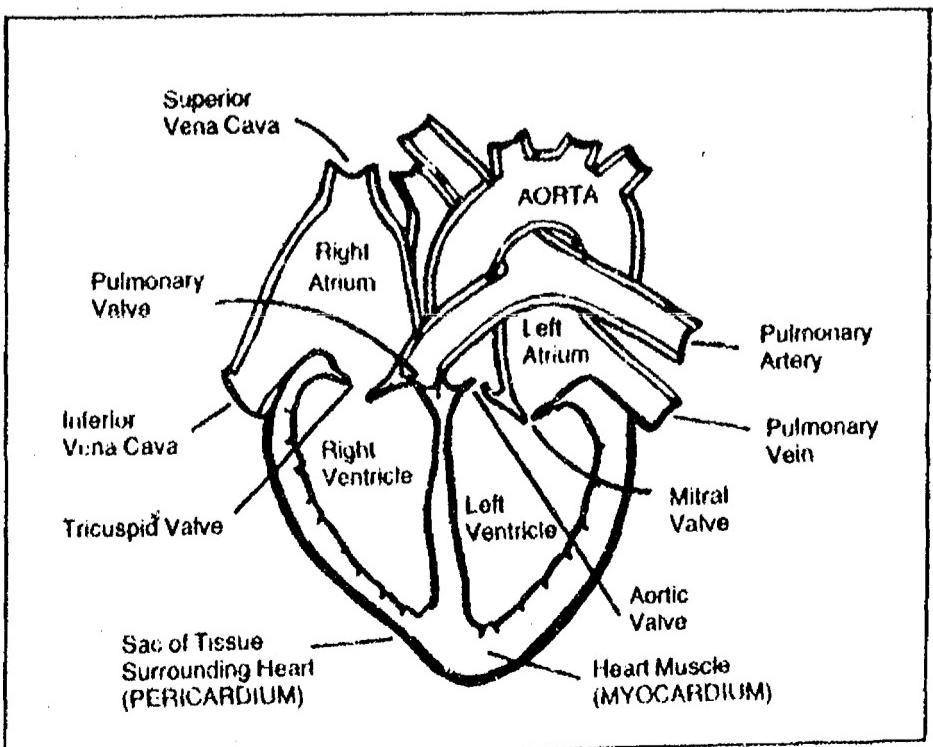


Illustration depicts the interior of the heart's four chambers.

Television program spotlights heart care

Munson's heart care services will be the focus of a television program entitled "Looking Into the Heart of the Matter," which will air this Sunday, March 25, at 6 p.m. on Channel 9/10.

The program will feature a look at the diagnosis, treatment and rehabilitation of cardiac patients at Munson, including interviews with doctors Warren Cline, M.D., Jonathan Gregory, M.D., and Clark Phelps, M.D., as well as a number of health professionals.

The commercial-free program is part of a monthly series entitled "The Munson Response," which was produced by award-winning filmmaker Richard Brauer. Upcoming programs will include "Vascular Surgery" on April 29; "Diabetes: More Than Just Sweet Talk" on May 27; and "Nursing — The Caring Career" on June 24.

Pacemakers: Rx for slow heart rate



Chief of Radiology Services Clark Phelps, M.D., examines the X-ray of a patient who has

had a pacemaker implanted.

As a pump, the heart is a powerhouse capable of moving an average of 2,000 gallons of blood per day through the circulatory system. That's 700,000 gallons per year for 70 years or more of life expectancy.

Yet for all its vigor and power, the heart would be useless without its own built-in electrical conduction system which stimulates the heart muscle to beat an average of 72 times per minute or 38 million times per year. This system is composed of a group of specialized cells and nerves which form a natural 'pacemaker.' When the electrical impulses of the system are interrupted, the heart rate slows to dangerous levels which may be indicated by symptoms such as dizziness, fatigue, shortness of breath, swelling of the ankles and blackouts.

Cardiologist Warren Cline, M.D., Medical Director of Munson's Cardiac Diagnostic Unit, said that patients who experience slow heart beat may require the implantation of an electronic pacemaker to stimulate heart activity on a regular basis.

"The pacemaker sends a tiny pulse of electrical energy which stimulates the heart," Dr. Cline said. "It prevents slow heart rate and it's used for many conditions in which slow heart rate is a problem."

Dr. Cline said that pacemakers consist of two basic elements, including a small pulse generator and an electrode

attached to a cable which delivers electrical current to the heart's interior.

Approximately 50 patients receive both temporary and permanent pacemakers each year at Munson. The devices are surgically implanted in the hospital's Cardiac Diagnostic Unit by cardiologists Warren Cline and Jonathan Gregory, M.D. The procedure takes about one hour to perform and only a local anesthetic is needed to numb the chest area for implantation.

Implanting a pacemaker involves making a 3-4 inch incision just below the collarbone on either side of the body. A small pouch is created under the skin to hold the pulse generator and then a nearby vein is opened, creating an entry for the pacemaker's electrode cable. (See illustration).

The electrode cable is threaded via the subclavian and vena cava veins, by which it enters the heart, passing through a valve into the heart's right ventricle. The physician is able to watch and guide the electrode's progress by way of televised X-ray images provided by a fluoroscope.

Once the electrode reaches its destination, it is lodged in an inner web of heart muscle (myocardium). After adjustment, the pacemaker will be ready to 'tickle' the heart with electrical current which will maintain a healthy heart rate.

Modern pacemakers rely on microchip circuitry and

lithium batteries which provide 8-10 years of power, Dr. Cline said. The tip of the electrode is made of platinum and the case of the pulse generator consists of titanium.

The advanced technology and stringent standards which apply to each pacemaker do not come cheap: A pulse generator can cost \$4,000, which an extra \$350 for the electrode. "I tell patients that it costs as much as a used Volkswagen," Dr. Cline said.

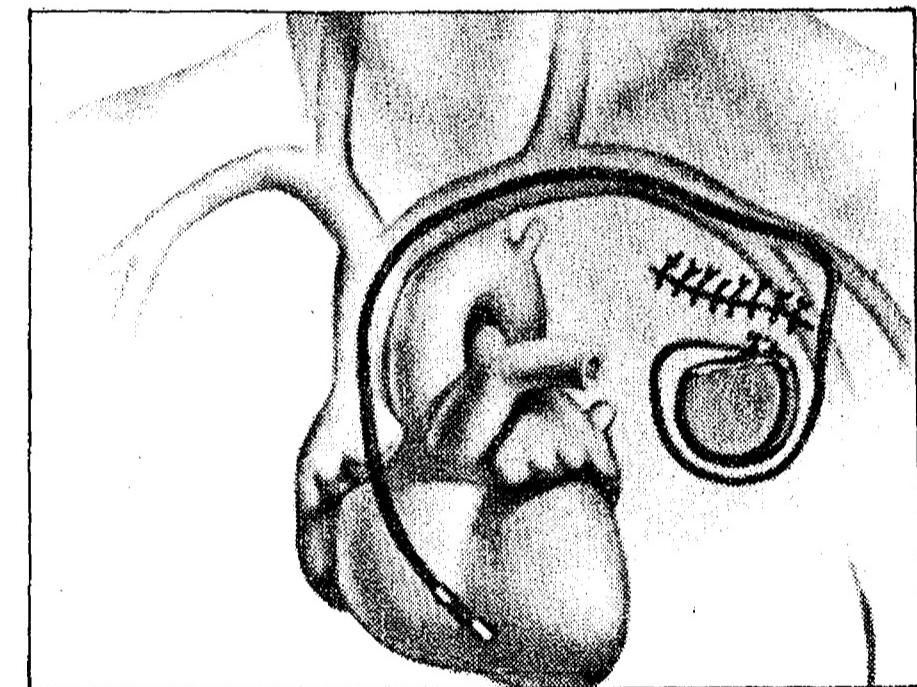
Given the efficiency and security which the modern pacemaker offers, however, the device might be considered a bargain. The very first pacemaker invented in the 1930s was an exterior model which weighed 15 pounds and was powered by a phonograph motor. Although this early model worked, it was denounced as a piece of quackery. Later models relied on wall plugs and extension cords and it wasn't until 1958 that the first battery-powered, implantable pacemaker was developed.

Pacemaker technology is now so advanced that the pulse rate and voltage of the devices can be programmed from outside the body with special equipment, Dr. Cline said. He noted that the present generation of pacemakers is capable of monitoring the heart's activity, providing extra electrical stimulation only when needed. There are also pacemakers with two electrodes which stimulate both the upper and lower chambers of the heart.

Pacemaker candidates come from all age groups, including newborns; but in general, most are elderly. Pacemakers are generally prescribed for patients who have permanent heart problems which cannot be controlled by drugs or other treatment.

Why is it important to maintain the proper heart rate? The answer is simple: The heart supplies the body with vital oxygen and nutrients through the bloodstream. When these resources are decreased by a lower heart rate, various organs as well as the brain may be adversely affected. The fatigue, shortness of breath, light-headedness and sometimes fainting caused by slow heart rate signal that the body needs help to avoid serious illness or death.

Fortunately, that help is readily available at Munson Medical Center in the form of the electronic pacemaker.



This drawing illustrates pacemaker implantation and its connection to the heart.

Proper diet cuts heart disease risk

By Debbie Farron, R.D.

Few topics have caused as much controversy in the field of nutrition as that of cholesterol and its role in heart disease.

Cholesterol has been found in the arterial deposits that 'clog' our blood vessels and which may lead to heart attack or stroke caused by coronary artery disease—an epidemic disease accounting for half the annual deaths in the U.S. Current research suggests dietary modifications and other lifestyle changes may help reduce the incidence of the disease.

Cholesterol isn't all bad: It is a vitally important substance produced primarily by the liver. It is used by our cells to make strong membranes; to form the myelin sheath protecting nerve fibers; and to produce vitamin D and certain hormones, including the sex hormones. Of interest is the fact that after six months of age, we no longer require any dietary source of cholesterol, since the body can produce all that is needed. Still, the typical American diet contains over 600 milligrams of cholesterol daily—twice

the amount generally recommended.

To further complicate the cholesterol/heart disease issue, researchers have identified several types of cholesterol, labeled by the media as 'good' (HDL) and 'bad' (LDL) cholesterol. HDL stands for High Density Lipoproteins, while LDL is a term for Low Density Lipoproteins. The following facts on HDL and LDL are emerging:

- High HDL levels may be protective against heart disease.
- HDL levels generally increase with exercise.
- LDL cholesterol may decrease with improved diet.
- Obese persons usually have low levels of HDL, but weight loss favors an increase in HDL.
- Before menopause, women have higher HDL levels than men.

Of course, fats and cholesterol are not the only dietary risk factors for coronary artery diseases. Current research into the roles played by fish oils, softened water, sugar, fiber, vitamins and caffeine may yield important and in-

teresting conclusions. Despite extensive studies into these other areas, however, to-date no dietary factor has yet been shown to be more strongly linked to premature death and heart disease than saturated (hardened) fats and cholesterol.

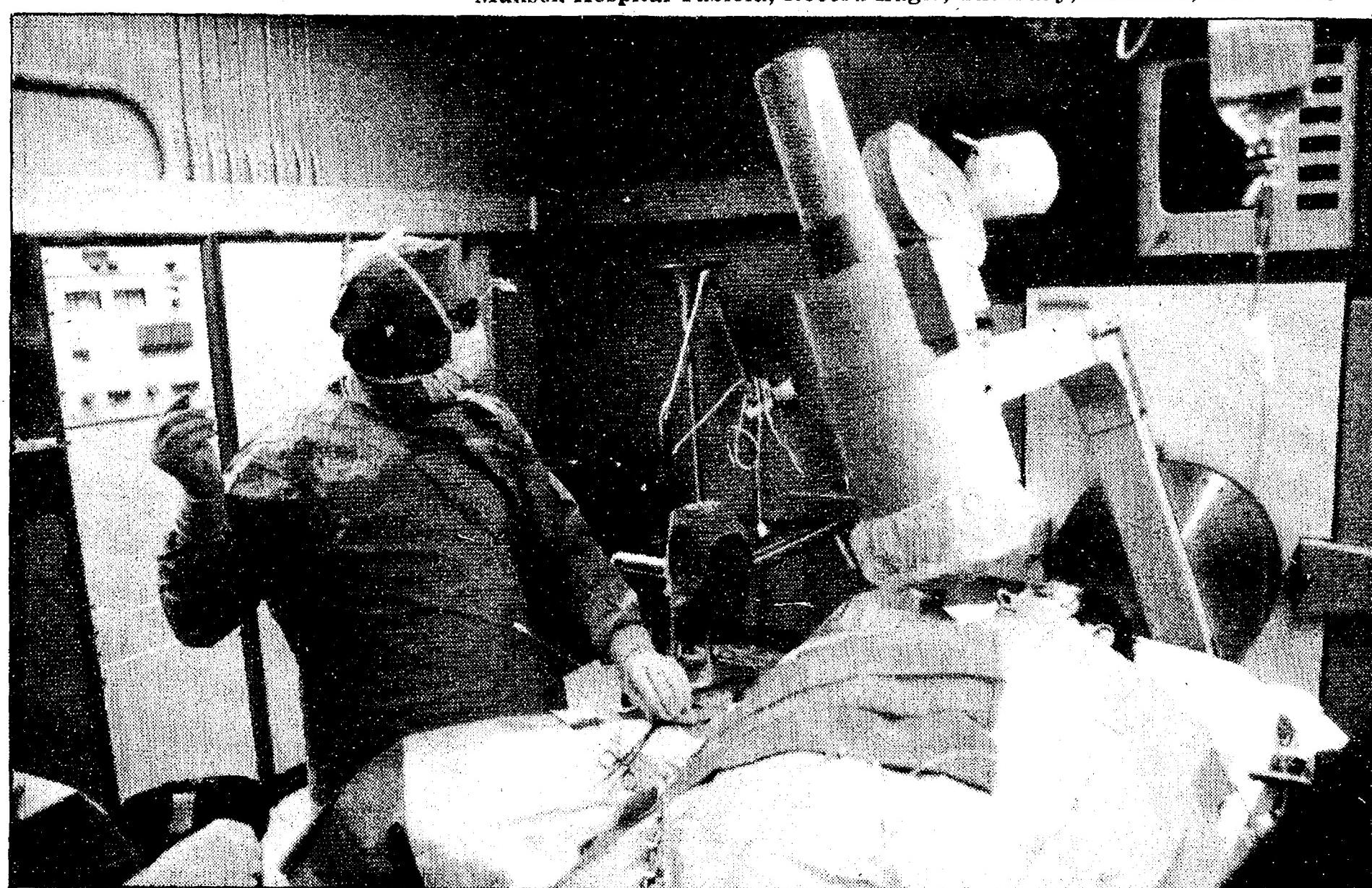
Reducing the amount of cholesterol need not be difficult. Try the following substitutions:

- Corn or safflower oil margarine versus butter.
- Low fat versus whole milk.
- Baked or broiled versus fried meats.
- Fish, poultry and meatless entrees versus red meat.
- Sherbet or frozen fruit juice versus ice cream.
- Whole grain cereal versus eggs.
- Low fat milk versus cream or processed cream substitutes in coffee.

Debbie Farron is a clinical dietitian at Munson Medical Center whose responsibilities include teaching classes on nutrition for cardiac and diabetic patients, calculating special dietary prescriptions, and instructing patients on their individualized diets.



Cardiologist Warren Cline, M.D., prepares to make an incision in the arm of James Darbyshire. A plastic catheter will be inserted in the blood vessel leading to the patient's heart.



Dr. Cline threads the catheter through the patients' arm, guiding it via a television monitor which reveals an X-ray image of the catheter's

progress. X-ray films and video are provided by the fluoroscope over the patient's chest.

Cardiac Cath gives inside view

Lying on an operating table in near darkness, James Darbyshire of Traverse City could see the inner workings of his heart projected by X-ray onto a black-and-white television screen above his head.

Despite the fact that a thin plastic catheter (hollow tube) had been extended through an artery in his arm to the verge of his heart, Darbyshire felt no sensation of pain or discomfort as a number of tests were made on the condition of his coronary arteries. He talked to cardiologist Warren W. Cline, M.D., who stood by his side explaining the meaning of the televised images, and he kidded with the nurses around him. Not long after the test was over, he was able to go home with his wife.

Darbyshire was just one of 450-500 patients who came to Munson's Cardiac Diagnostic Unit (CDU) last year to undergo the diagnostic procedure known as cardiac catheterization.

Cardiac catheterization is routinely performed at Munson to study the function and structure of the heart as well as the coronary arteries which provide the heart with life-giving blood.

"The most common thing we're checking for is coronary artery disease," said Dr. Cline, Medical Director of the CDU. "Probably 80 percent of our cases involve coronary artery disease, although we test for myocardial, valvular and congenital (heart muscle, heart valve and birth defect) disease as well."

Dr. Cline said the catheterization procedure involves inserting a flexible catheter through an incision in an arm or leg artery and advancing it to a chamber of the heart where pressures are recorded and blood-oxygen levels are checked. A radiopaque contrast media ('dye') is injected through the catheter in order to study both the heart and the coronary arteries.

X-ray films are taken during the course of the injections through the use of a fluoroscope. The filming is also duplicated on videotape and televised during the procedure so that both physician and patient can watch.

The films can be reviewed later to determine whether the patient's heart disease can be medically-managed or if surgery is needed, Dr. Cline said.

He noted that patients feel no pain during the procedure because there are no nerve endings to be affected within the blood vessels. Only a local anesthetic is used on the arm or leg for the incision through which the catheter will pass.

Overall, the catheterization procedure takes about two hours, prior to which patients are given a careful explanation of what to expect, including an illustrated booklet.

Approximately 50 percent of the tests are given on an outpatient basis at Munson, with outpatients going home the same day that they receive catheterization.

Prime candidates for the test are those suspected of having atherosclerosis, better known as hardening of the arteries or coronary artery disease. A variety of factors influence atherosclerosis, including heredity, smoking, diet, high blood pressure and lack of exercise.

Basically, atherosclerosis is the result of plaque build-up in the arteries which narrows and impedes the flow of blood to the heart. Plaque is largely composed of cholesterol-based blood fats known as lipids. The lipids collect beneath cells lining the artery which have been damaged or 'roughened' by smoking, high blood pressure and other causes. This begins the process of narrowing the artery.

In a suspected heart patient, the first sign of plaque build-up may be the intense pain of angina. Unless treatment steps are taken, plaque can continue to build up until the artery is severely obstructed or else is blocked by a blood clot, resulting in a heart attack.

A heart attack caused by the clotting of a narrowed artery is called a coronary thrombosis. It is the principal cause of heart attacks, which prove fatal to more than 500,000 Americans each year.

Given the seriousness of coronary artery disease, the diagnostic procedure of cardiac catheterization is of great use in alerting patients and physicians that the life-threatening disease is present. Although other diagnostic procedures such as thallium imaging and echo cardiography (see related stories) can indicate that coronary artery disease may be present, only a catheterization can give the physician a complete examination of the arteries and their condition.

Catheterization is considered a safe procedure which is comparable to minor surgery. It is particularly safe at Munson, where it has been practiced for more than ten years now. At Munson, the procedure is done exclusively by cardiologists Dr. Cline and Jonathan M. Gregory, M.D. The physicians are assisted by a highly-skilled team of nurses who are veterans of thousands of cases.

CDU manager Eva Huffman, R.N., said that Munson's tightly-knit staff of health professionals compares favorably with those of much larger heart centers, where physicians and nurses may be in training. A procedure which takes two hours to complete at Munson may take as long as 4-5 hours at other well-known heart clinics.

"We feel that our patients receive better personalized care right here at Munson than they would elsewhere," she

said. She noted that larger hospitals may have a waiting list of 3-4 weeks to receive catheterization and yet another long list for heart surgery. At Munson, referring physicians can see that their patients receive catheterization on a timely basis, ensuring a quicker diagnosis.

Some patients are apprehensive about the procedure at first and often express surprise at how smoothly it is accomplished.

"They're kind of nervous when they come in as a general rule," nurse Huffman said. "But when it's finished, some of them will say 'Gee, that wasn't that bad!' They sit up and have coffee with us and we talk."

She noted that patients come from throughout a five-county area surrounding the Grand Traverse region and that 3-4 catheterizations are done per day in the CDU on Mondays, Wednesdays and Fridays.

Dr. Cline said that Munson launched its catheterization lab in November, 1973 at a time when northern Michigan residents had to travel hundreds of miles to receive the test. "At that time it was an unusual development for a hospital our size to have such a lab," he said.

He said that besides catheterizations, the CDU unit is used to install temporary and permanent pacemakers; perform intracardiac electrocardiogram (EKG) studies; administer the blood clot dissolving enzyme streptokinase during heart attacks; and other tests and procedures.

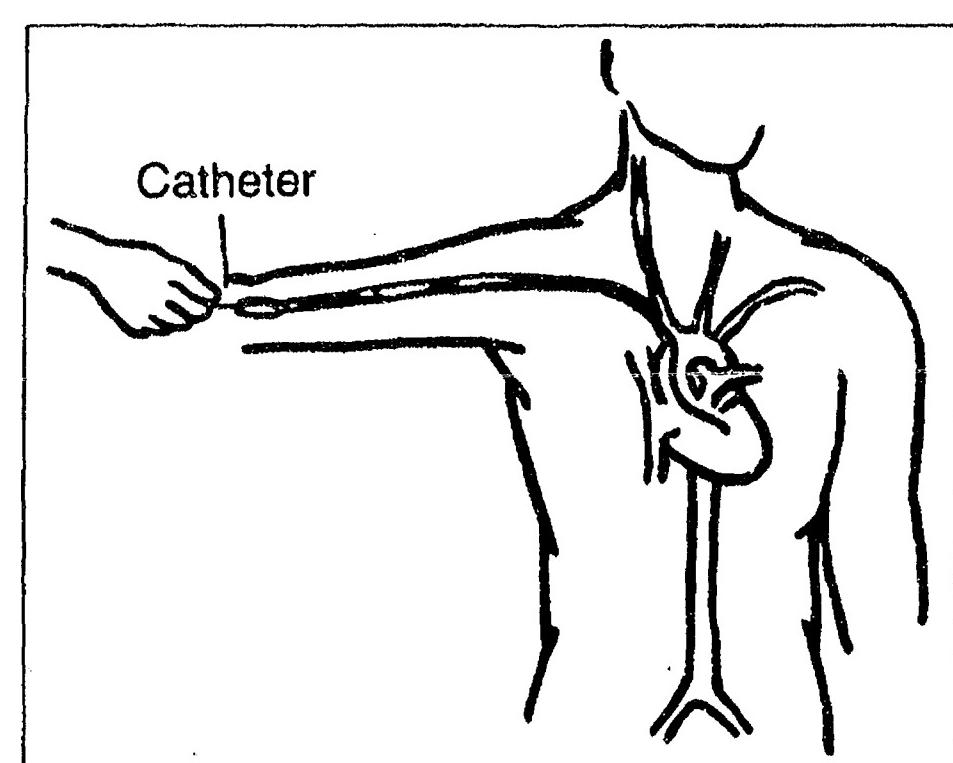


Illustration shows catheterization through the arm:

They take active role . . .



Marianne Foster, R.N., coordinator of Munson's Cardiac Rehabilitation Program, checks the pulse rate of patient Bill Strom during one of the program's early morning sessions. The

goal of the program is to build healthy hearts through exercise, good nutrition and education.

Three days a week, just as the sun is peeking over the horizon, a group of people united by the threat of heart disease rise from their beds for an hour-long workout which includes a brisk game of volleyball.

The group of about 20 are members of Munson's Cardiac Rehabilitation Program — a plan designed to provide help for mending hearts by way of testing and evaluation, exercise therapy, proper diet and patient education.

"The majority of our patients have had a heart attack," said Marianne Foster, R.N., coordinator of Cardiac Rehabilitation. "But the program is actually for anybody who has had angina, a heart attack or coronary bypass surgery." Other potential patients include those who have high blood pressure or who have been fitted with a pacemaker and have a history of heart disease.

The exercise portion of the program takes place in a gymnasium at Northwestern Michigan College. Patients stretch and perform warm-up exercises which are followed by a half-hour of individually-prescribed aerobics, which may include walking, jogging and exercycling. Most patients talk with friends throughout the period and there's a great deal of camaraderie shown during the 'cool-down' volleyball game which ends the session. "For most people

who come here, the program is a great social outlet," Foster noted.

Richard Nims of Traverse City said he joined the program a year ago after suffering his second heart attack.

"I had a heart attack while I was playing gin rummy with my wife," he said. "I started feeling uncomfortable and my wife suggested that I call my doctor and make an appointment. I did, but 30 minutes after I called, I was in the emergency room."

Nims said his second heart attack was a mild one which produced a sensation that was somewhat "like swallowing peanut butter." The incident convinced him that it was time to take a more active role in his treatment. In addition to taking medication prescribed by his physician, he is an enthusiastic participant in the thrice-weekly exercises.

Another patient, Ardus Crain, said she found the program's exercises difficult to perform in the aftermath of her major heart surgery. Just walking around the gym a few times seemed an overwhelming task.

Yet by gradually increasing her levels of endurance, she is now far more fit and confident of her abilities. She plays volleyball with the best of the program members and even rides an exercise bicycle which requires a higher level of

stamina than aerobic walking.

Many of those who begin the exercise therapy part of the program are afraid of pushing themselves too hard, Foster said. "A lot of people are leery of exertion and it's hard for them to know what their limitations are."

Heart attack victims may feel hemmed in by limitations. Daily activities such as gardening, playing with grandchildren and performing household chores may take on life-threatening overtones which make some patients feel that the active part of their life is over.

Such fears are a natural reaction to surviving a heart attack. According to information from the American Heart Association of Michigan, "fear, anger or impending doom are some of the common reactions among heart patients and their families. Some patients wonder if death is near or if they're living on borrowed time."

Studies show that it takes anywhere from two-to-six months to lose the feelings of anxiety and frustration which follow a heart attack. For some, the slightest twinge in the chest can conjure visions of being rushed to the emergency room or even dying and never seeing loved-ones again.

The health professionals with Munson's Cardiac Rehabilitation Program are sensitive to such concerns and each step of the program is medically-supervised to insure that patients achieve fitness via the safest possible route. Each staff member is trained in cardiopulmonary resuscitation (CPR) and emergency procedures. Nurse Foster has also had extensive experience in Munson's Cardiac Care Unit and is well-acquainted with handling cardiac emergencies.

"All patients must be referred to the program by their physician," she noted. Many of those who attend are the patients of Munson's staff cardiologists Warren W. Cline, M.D., and Jonathan M. Gregory, M.D., who is medical director of the program.

Before being admitted to the program, patients must first complete a stress electrocardiogram (EKG) test performed on a treadmill under the supervision of their physician. A patient profile is also obtained which includes body fat analysis, blood lipid analysis, diet history, smoking habits, and an evaluation of daily stress and tension. The re-evaluation of patients by a physician is recommended every three months and upon exit from the program.

The information provided by the patient's physician is used to determine a safe heart rate range for exercising. Each patient receives an individual prescription for exercise which can be upgraded as their fitness level increases.

"We teach them where their heart rate range is and at which level it's safe to exercise," said exercise specialist Chris Brill-Packard. "We also try to build confidence so that they can do their exercises at home."

During the program's half-hour aerobic phase, patients increase their heart rates to the maximum recommended level in order to strengthen the cardiovascular system. A portable electronic monitor is used to check heart rates immediately after the morning's warm-up exercises and then twice during the aerobic phase. Patients also learn how to check their own pulse rates.

Patients are encouraged to stay with the exercise program for at least three months. For the maximum benefit, 12 months of exercise therapy is recommended.

Each patient also receives a nutrition evaluation from a registered dietitian. The dietitian provides a prescription which details the kinds of foods which are beneficial to the heart and the patient's health. Patients also are counseled as to how and why to follow their recommended diet.

As the participants progress to higher levels of fitness, they and their families also receive the benefits of professional insight into heart disease and its treatment. Educational lectures and talk sessions point out the value of accepting responsibility for making positive changes in one's lifestyle.

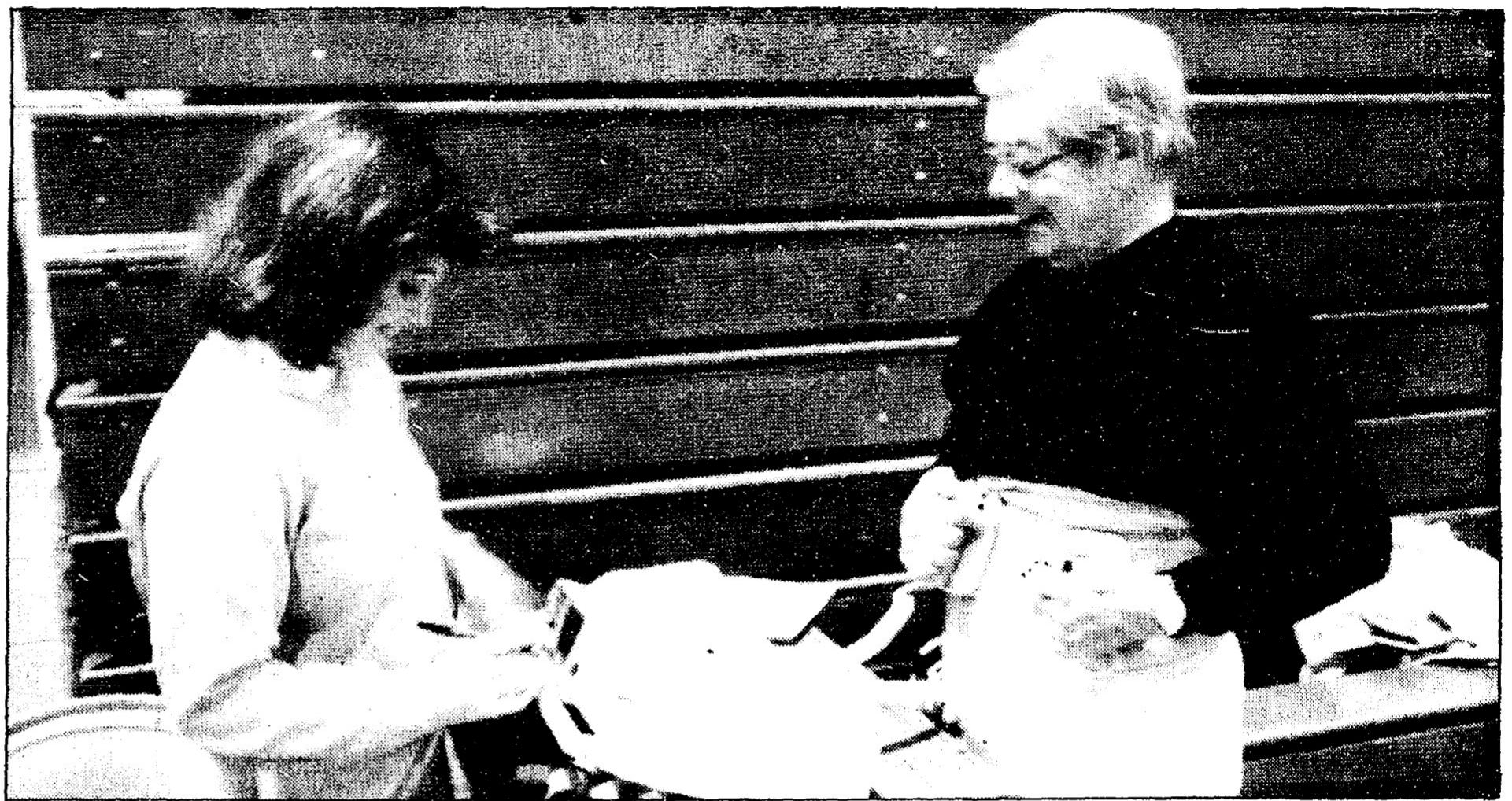
In summary, persons who take an active role in the Cardiac Rehabilitation Program can expect to improve their level of physical fitness, gain a broader understanding of cardiovascular disease and its treatment, and increase their self-confidence and self-esteem. Many patients also lose weight as a result of their new outlook on life — one noted that he had lost 15 pounds within three months and expected to lose 15 more.

Persons interested in joining the program to begin a healthier lifestyle should contact their physician or call 922-9865 for information. There is a fee involved, but patients are covered for the cost of the first three months of the program under Medicare and Medicaid plans and most health insurance policies.

... in fighting heart disease



Roger Corcoran and Vivian Rolston work out on exercycles as part of their aerobic conditioning. Many other participants choose a brisk walk instead.



Patient Richard Nims uses two hand-held electrodes to check his heart rate as Marianne Foster, R.N., checks the monitor.



Playing a light game of volleyball is part of the 'cool down' period for patients in the Cardiac Rehabilitation Program.



Dick Courtad bats a ball back over the net during a volleyball game.



Patients do a variety of stretching exercises before beginning the aerobic phase of the program.

Echo image of the heart aids diagnosis

The principal of sonar, which was developed during World War II in order to hunt submarines, is now being used to probe the mysteries of the heart through a procedure known as echocardiography.

Echocardiography involves the use of high frequency 'ultra-sound' waves to produce a televised image of the heart and its functions. Cardiologist Jonathan M. Gregory, M.D., Medical Director of Munson's Cardiac Care Unit, EKG Services and Cardiac Rehabilitation Program, is one of northern Michigan's foremost experts on the procedure.

Echocardiography is a non-surgical procedure which can provide valuable information on a variety of heart problems, Dr. Gregory said.

"It's felt to be a biologically safe and painless procedure," he said. "The information which is gathered gives a very precise measurement of the heart's size and wall motion. It can actually see the heart valves move."

Dr. Gregory said the ultra-sound system works by sending high frequency sound waves into the patient's chest in order to produce an echo image of the heart. The sound waves, which emanate at up to two million cycles per second, are sent and received by a hand-held 'transducer' which looks something like a microphone. The transducer receives an echo image of the heart, which is televised so that both patient and physician can watch.

By watching a black and white television monitor, Dr. Gregory can obtain many different views of the heart. The most useful image is that of the heart muscle beating, including views of all four cardiac chambers as well as the opening and closing of the heart's valves.

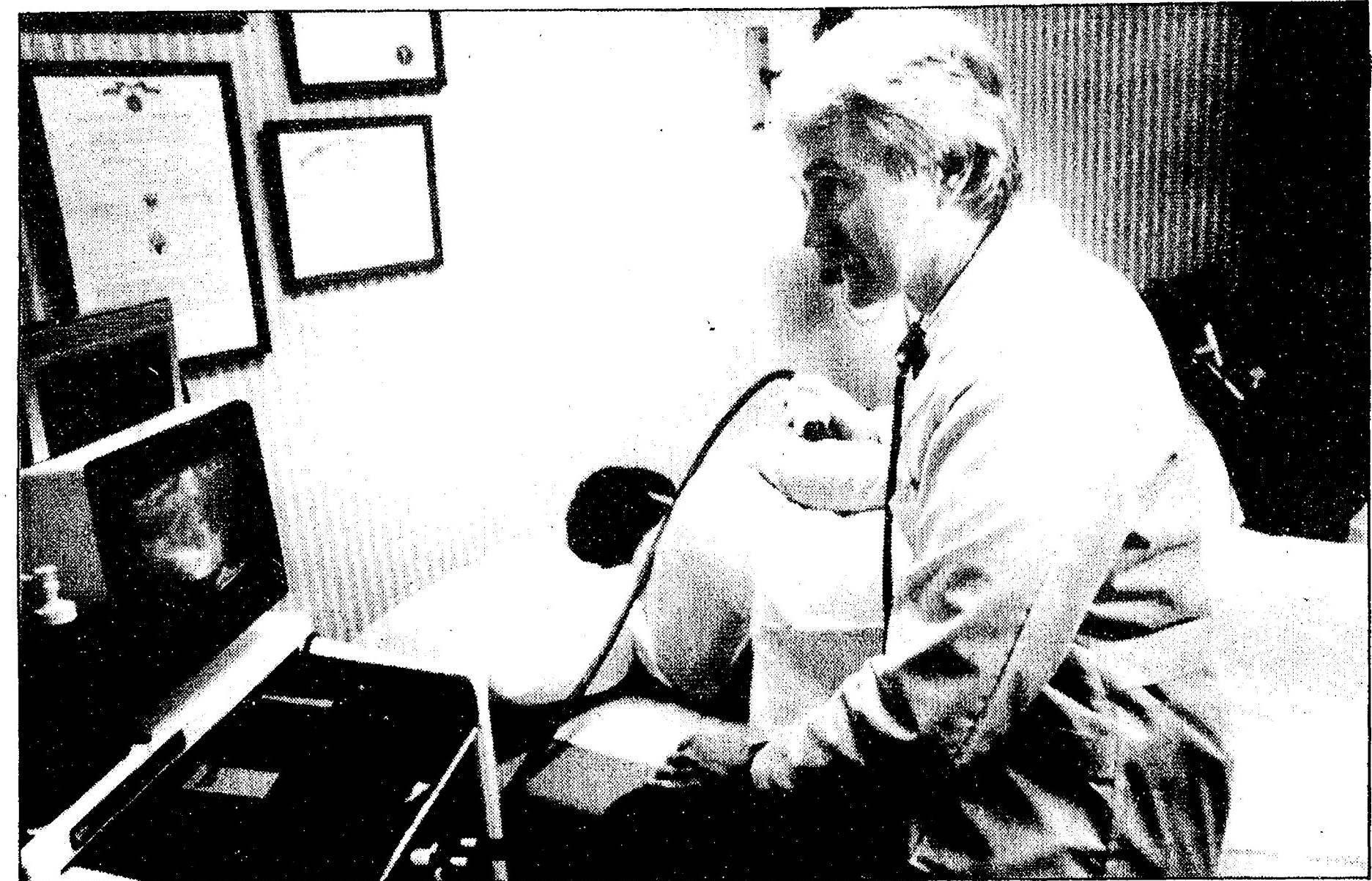
The other image is created by using sound waves to 'slice' the heart into pencil-thin sections which can be viewed from four different planes. This allows for a very close examination of specific areas of the heart.

Dr. Gregory noted that echocardiography can be used as a diagnostic tool for a wide range of heart problems, including congenital (birth) defects and structural disease such as valve problems. The equipment can also give an indication the coronary artery disease is present — although a complete diagnosis may require a cardiac catheterization test.

"The echocardiograph test is applicable to all types of heart disease, but it doesn't replace a cardiac catheterization in many patients," he said.

Catheterization explores the coronary arteries to determine if there is any arterial blockage in evidence. By contrast, the echocardiograph can indicate that abnormalities may be present in the coronary arteries, signalling that a catheterization may be required.

"The heart muscle contracts in a uniform manner," Dr. Gregory said. "If a coronary artery is blocked, we'll see a localized abnormality in the contraction of that part of the



Cardiologist Jonathan Gregory examines a televised image of the heart, created through the use of ultra-sound waves. Dr. Gregory is

holding a transducer which enables him to both send and receive the sound waves for echocardiograph studies.

heart. If we see that abnormality, then there's a good chance it's the result of coronary artery disease."

Interpreting the video tapes which are produced by the echocardiographic image analyzer requires years of experience in addition to a minimal two year training program for cardiologists. To the untrained eye, the televised images of the heart mean little.

Dr. Gregory was an early advocate of echocardiography. He began working with the procedure in 1971 when the use of ultra-sound to study heart problems was still in its infancy.

When he joined Munson's medical staff in 1975, he found that the procedure was relatively unknown in the region. He acquired his own equipment, upgrading his service two years ago by introducing a more sophisticated machine. The portable unit is often used to evaluate patients in Munson's Cardiac Care Unit.

Dr. Gregory has also introduced a computer which analyzes and tallies the information drawn from the proce-

dure. "There are very few computer-assisted reading stations in the country," he noted.

The computer provides several pages of information on the patient's heart, including measurements of wall thicknesses, details of various views, and diameters and volumes of heart cavities. Dr. Gregory uses an electronic cursor to outline single-frame images of the heart which the computer can then measure. Contraction of heart walls, for instance, might be measured at their widest and narrowest points, providing valuable information.

The resulting information can aid in the diagnosis of heart disease and is particularly useful in follow-up examinations of long-term heart patients.

Ultimately, echocardiography is a powerful, non-invasive tool for the diagnosis of heart disease which is of great benefit both to the referring physician and to their patients. It is also another example of how rapidly the medical profession and technology are moving to respond to the challenge of heart disease.

Streptokinase counters heart attacks

When heart attack victim Mike Giuffre checked into Munson's Emergency Room last December, doctors quickly determined that a blood clot was obstructing the coronary artery, preventing oxygen-rich blood from reaching the heart.

Cardiologist Jonathan Gregory, M.D., decided to treat Giuffre's heart attack with an injection of streptokinase, an enzyme which dissolves blood clots at the point of blockage. The streptokinase is injected by way of cardiac catheterization in Munson's Cardiac Diagnostic Unit (CDU).

As Giuffre noted in a story earlier in this issue, Dr. Gregory's emergency treatment had an almost immediate effect on him, dissolving the blood clot in one of his arteries and allowing blood to flow unimpeded to his heart.

Dr. Gregory and cardiologist Warren Cline, M.D., have been using streptokinase since January, 1983, to treat patients suffering from coronary thrombosis, or the blockage of an artery by a blood clot. This sudden obstruction of one of the three coronary arteries supplying the heart muscle with blood is the major cause of heart attacks.

Dr. Cline, Medical Director of the Cardiac Diagnostic Unit, said that blood clots tend to form in a section of the

artery which has been narrowed by coronary artery disease, or 'hardening of the arteries.' He noted that to be effective, the patient must be treated with streptokinase within 3-4 hours of the onset of heart attack symptoms.

"When an artery is blocked, it takes about six hours for all of the damage to occur to the muscle that depends on that vessel," he said. "That's the reason why streptokinase, if it's to do any good at all, must be done very quickly after the heart attack begins."

Once a diagnosis is made, the heart attack patient is rushed to the CDU for cardiac catheterization. Basically, an incision is made in the patient's arm or leg and a catheter tube is extended through the body to the obstructed artery (see related story). Only a local anesthetic is needed for the procedure.

Using a fluoroscope, the cardiologist can obtain an X-ray visualization of the blocked artery. A radiopaque contrast media ('dye') is injected to determine the exact location of the blood clot. Once the blockage is located, streptokinase is administered through the catheter for 60-90 minutes until the clot is dissolved.

"We put a small catheter and a small intracatheter right into the coronary artery and drip this medicine into the

blood flow in an attempt to dissolve the clot," Dr. Cline said.

Dr. Cline said that once the clot is removed, a dramatic change occurs in the patient. Chest pain subsides immediately and heart rhythm and blood pressure may improve. There is also an abrupt change in the electrocardiogram (EKG) pattern which monitors the patient's progress.

Left untreated, a heart attack causes progressive damage to the heart muscle over a period of six hours or more and may lead to abnormal heart rhythms, shock and heart failure. With streptokinase, however, the blood flow to the heart is renewed, stopping the progress of the heart attack and lessening the extent of injury. Ultimately, streptokinase can save portions of the heart muscle from destruction and 'buy time' for other forms of treatment.

"This is an advanced form of treatment, yet next year there may be a better treatment," Dr. Cline noted. "There are modifications being made to this treatment and perhaps we will someday be able to do this intravenously instead of as a cardiac catheterization. But at this moment, it seems to be a promising form of treatment and it's another example of how things are changing very rapidly in this field."

Nuclear medicine opens vistas on heart

Imagine the muscle of your heart glowing with a substance that can be captured by a computer-aided camera and you have some idea of how a procedure called thallium imaging is being used to diagnose heart disease at Munson.

Thallium imaging is a non-surgical procedure which uses nuclear medicine to open new vistas on the heart. Since its introduction in June, 1983, more than 160 patients have benefited from the procedure at Munson.

Clark D. Phelps, M.D., Chief of Radiology Services, said the procedure involves injecting patients with a solution of the low-energy isotope thallium-201. The radioactive substance floods the blood vessels and is scanned by a room-sized gamma camera as it collects in the heart.

"Areas of the heart with less circulation will have less thallium uptake," Dr. Phelps said. He noted that lower levels of circulation can indicate possible heart problems.

The procedure is generally used to evaluate coronary artery disease, which stems from 'hardening of the arteries.' The blockage of the coronary arteries will show up on a thallium scan as a decrease of the blood supply to the heart muscle.

"It allows us to evaluate the blood supply to the heart muscle and it's also a great help in evaluating patients who may need coronary bypass surgery," Dr. Phelps said. "It can also be used as a follow-up on patients who have had surgery."

Thallium imaging is almost always done in conjunction with a stress electrocardiogram (EKG), performed on a treadmill. The treadmill is used to increase the patient's heart rate to its maximum stress level, at which point the thallium is intravenously injected.

"When the heart muscle is exercising at its maximum, it is most efficient at taking up the radionuclide that we use," Dr. Phelps said. He noted that four projections of the heart are recorded by a gamma camera within 20 minutes of the stress test. The projections are analyzed by a computer and are repeated several hours later, after the patient has rested, in order to compare circulation under stress with that of resting circulation.

Another method for evaluating the heart is radionuclide angiography. This procedure involves tagging red blood cells with a radionuclide known as technetium 99. Technetium 99 breaks down quickly, due to its short half-life.

In radionuclide angiography, the information collected by the gamma camera is fed into a computer which creates a composite image of the heart that can be viewed via a television monitor. "We are able to produce, essentially, a motion picture which demonstrates the actual function of each portion of the heart," Dr. Phelps said.

"We use this examination to determine how efficiently the heart is pumping. This indirectly gives us a good indication as to the circulation to the heart. An area of the heart which does not get good circulation will not contract as well as a normal heart."

A number of diseases may impair the ability of the heart to pump blood, Dr. Phelps said. This impairment may be localized within specific areas of the heart, or generalized, involving the heart as a whole.

Of particular importance to the physician is comparing the resting output of the heart to the heart's output when subjected to stress. In making the comparison, a fully-automated, programmable stress table is interfaced with the gamma camera and the computer in order to grade the heart's ability to respond to stress produced by exercise.

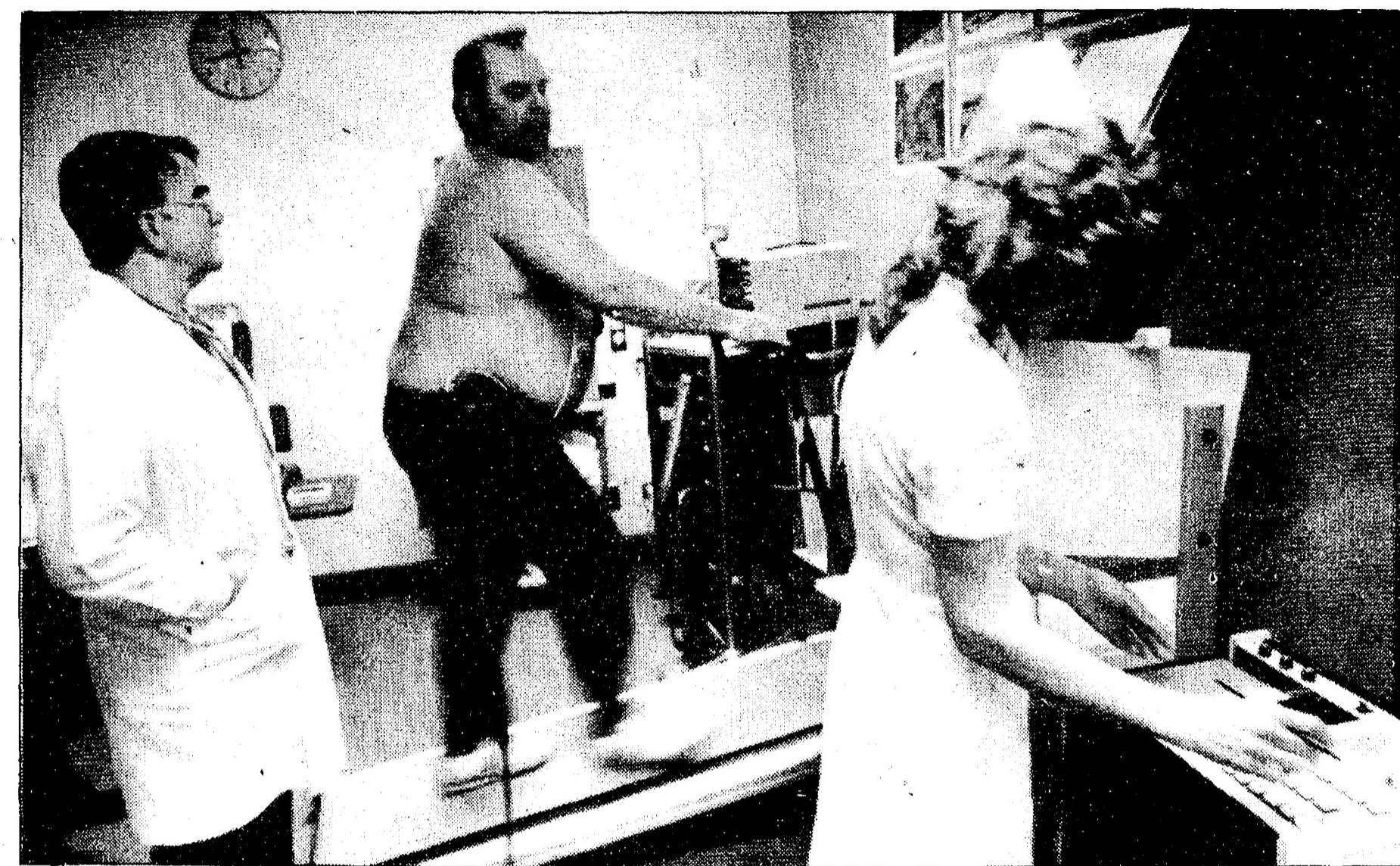
Is injecting a radioactive substance into the body dangerous? A number of patients ask this question, and all are assured that the thallium injection is a minute dosage which represents no hazard to health.

"The exposure is perhaps comparable to a single chest X-ray," Dr. Phelps said. "And while we do not use this procedure indiscriminately, it does involve a very low dose of radioactivity."

He noted that thallium has a half-life of 73 hours — meaning that the radioactivity of the substance breaks down and disappears by 50 percent every 73 hours. Technetium 99 breaks down even faster.

The use of thallium imaging was studied by doctors on Munson's medical staff for 3-4 years before it was introduced to the hospital. After much evaluation, it was determined that the procedure would be of great value to heart patients in northern Michigan. In early 1983, Munson's Nuclear Medicine department received a sophisticated new computer which made the procedure possible.

Sometimes, thallium scans indicate that cardiac catheterization may be required to assess the blockage of arteries supplying the heart with blood. Dr. Phelps noted that thallium scans and cardiac catheterization are procedures which supplement each other.



Cardiologist Warren Cline, M.D., supervises a stress EKG test performed on patient Ronald Sheffer. The patient uses a treadmill to achieve the maximum safe level of exercise stress, upon which a solution of thallium is injected to study its uptake in the heart. Monitoring the patient's heart activity is Annette Haddad, stress tech.



Senior technologist Jack Rodes, R.T., examines a computer screen which depicts thallium uptake in the heart. In the background is patient Ronald Sheffer, who is being scanned by a gamma camera. The television monitor in the mid-distance provides a color interpretation of the thallium uptake.



Stress tech Bertie Schweikart, LPN, explains the function of a Holter EKG monitor to Keith VanOver.

Portable EKG gives 24-hour read-out

A device which rides on your hip looking somewhat like a 'Walk Man' radio is actually a sophisticated electrocardiogram (EKG) recorder, which can monitor the heart 24 hours per day.

Munson's Cardio-Pulmonary Services has two of the portable recorders, which are known as Holter EKG monitors. The monitors are used to measure the heart's electrical activity during the course of everyday activities.

"The recorders are often used so that a physician can tell what's causing arrhythmia (irregular heart rhythm)," said respiratory therapist Ted Hooker, manager of EKG and EEG (electroencephalogram) services at Munson. "Usually our patients have had resting EKGs done before, but still complain of chest pains and need to go further with testing."

Patients wear the monitor on either a shoulder strap or a belt around the waist during all activities over the course of a 24-hour period. Three electrodes are attached to the patient's chest to monitor the heart from one angle when a single-channel recorder is used. Five electrodes are attached to monitor the heart from two angles with a dual-channel recorder.

The monitor uses a standard 120-minute cassette tape to record a variety of information on the heart. Since the tape moves at the extremely slow recording speed of 2.07 mm per second, it can be used to record an entire 24-hour stretch of the heart's function.

Patients also record their daily activities in a diary. Activities as diverse as eating, sitting, smoking, using the bathroom, walking and sexual intercourse are noted in the diary, including the time of occurrence and any symptoms which were experienced, such as chest pain or rapid heart beat.

Each monitor contains a clock which can be used to compare heart abnormalities with the activities reported in the diary. The monitors also feature an 'event marker' — a button which the patient can press to electronically mark a section of the EKG tape when unusual feelings occur in the chest.

"We're trying to correlate the actual activity of the patient with what is happening in their heart," Hooker said of the monitor and diary system.

He said the EKG can indicate the presence of a variety of abnormalities, including changes in the heart rate and whether the heart is skipping beats. The EKG may give an indication that further testing is needed. The patient's physician may decide to use a diagnostic procedure such as cardiac catheterization, thallium imaging or echo cardiology. (See related stories).

By that same token, the use of the monitor can also give physicians an indication that more advanced diagnostic tests may be unnecessary.

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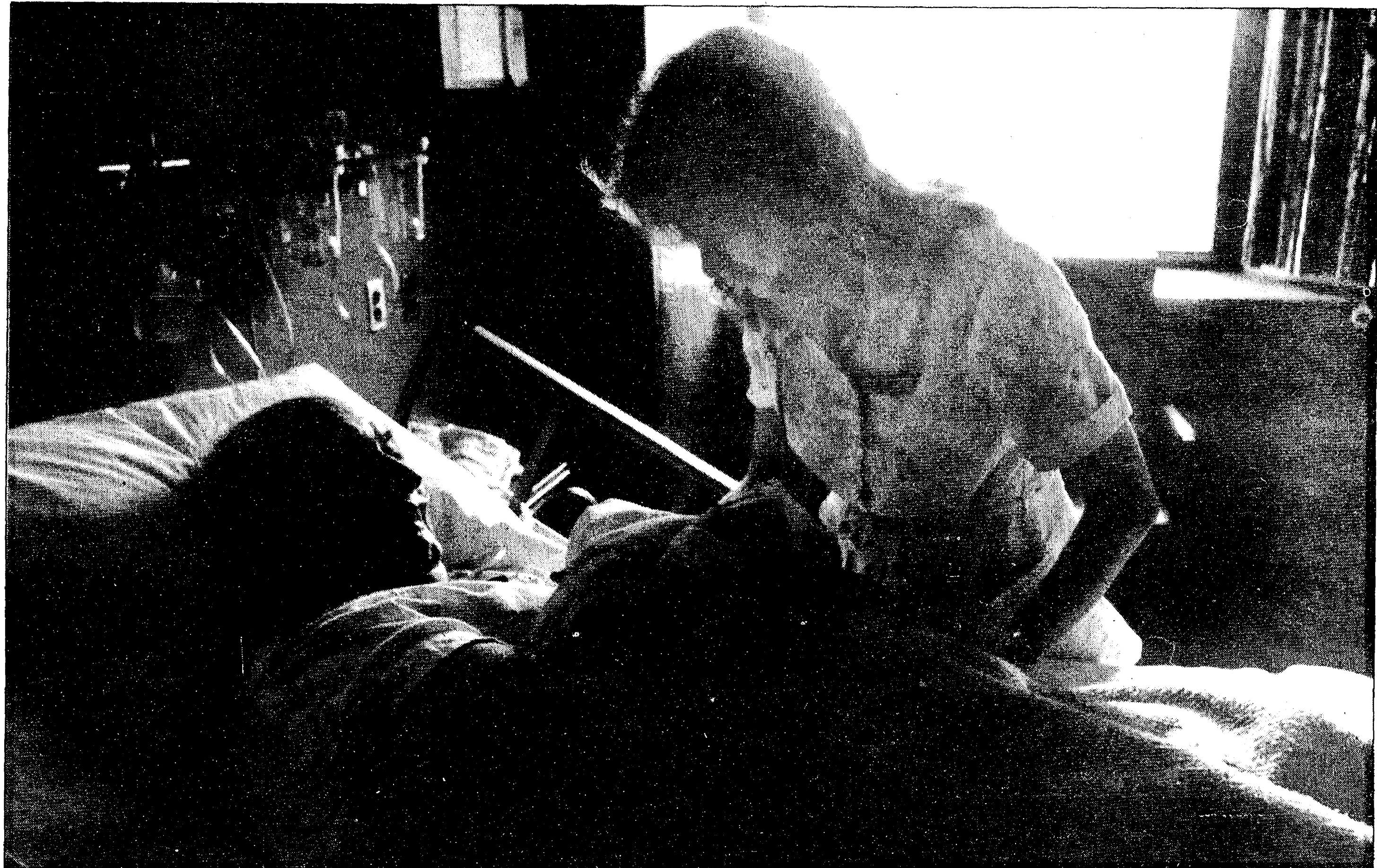
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A caring attitude and reassurance can mean a lot to heart patients.

When a caring touch counts

"Back 15 years ago, to have a heart attack often meant that you weren't going back to work unless you were a very young man. Since then, that whole philosophy has been dropped and we now see people back on the job within six weeks of leaving the hospital. People do better when they have something to look forward to and today, no one has to think that all of a sudden everything has come to an end."

Speaking is Richard Hall, R.N., manager of Munson's Cardiac Care Unit (CCU), a place where patients recovering from heart disease begin their journey back to normal, active lifestyles.

Munson's CCU unit is made up of two care sections coordinated by one nursing station. The unit contains six acute care beds for heart attack patients and eight beds used for intermediate care. It is a quiet, restful place in which the lights have been dimmed to create a peaceful atmosphere.

Like any cardiac care unit, Munson's strives to provide the highest possible quality in both medical care and in lifesaving and monitoring equipment. Acute care patients are linked to heart monitors which provide vital information both within their rooms and at the nursing station. Intermediate care patients are monitored by portable equipment which broadcasts an electrocardiogram (EKG) signal continuously.

But looking beyond the medical care, Hall said that Munson's CCU nurses play a major role in motivating heart attack patients and teaching them how to start life anew.

"Being a CCU nurse requires a great deal of compassion and understanding," he said. "It also requires developing the gift of empathy, because in the final analysis, what makes an outstanding CCU as compared to any other are the nurses."

"Providing the best care takes staff members who really care about their patients. Our nurses are really concerned

about the well-being of the patient and how the family is coping. That compassion coupled with the ability to inspire confidence makes all the difference, because once you've put someone on a monitor and administered the prescribed medication, perhaps the largest mitigating factor in that individual's recovery is the absence of fear and pain."

Many heart attack victims experience the fear of death, Hall said. They also find themselves abruptly placed in a highly technical medical environment in which human touch and compassion become all the more important.

"That fear and pain in and of itself can do all sorts of devastating things to the myocardium (heart muscle). It makes the heart work harder and can in fact cause the damage to be worse. If we can somehow alleviate the pain and at the same time relieve that person's tremendous anxiety and fear, the survival rate improves considerably."

Hall noted that nationwide, the mortality rates in cardiac care units averages 15 percent. By contrast, he said Munson's rate is 10 percent.

"In very good CCU's, patients come first and the fact that they're a person isn't lost in the maze of electrical phenomenon that surrounds and monitors them as well as the sophisticated gadgets that go 'beep in the night'. In fact, when a patient is having trouble, the nurses head first to the patient to reassure him."

"I can recall a bad situation we had several months ago where the patient's condition was deteriorating and all sorts of equipment had been rushed to his bedside. We had the resuscitator equipment there and people all around trying to start another I.V. and analyzing blood gases and watching the monitor and this sort of thing. I happened to look over to the head of the bed and here's one of the CCU

nurses holding the patient's hand and whispering in his ear."

"The patient survived, and after he was up and around, I asked him if he remembered that time when things were kind of crazy around his bed. And he said, 'All I can remember is Margaret (Mikowski, R.N.) holding my hand and telling me that it was going to be okay'. He said that was so important to him, because having everybody gathered around his bedside was very frightening. It's that type of thing — the Margarets of the CCU that make it a special place."

Besides being supportive and caring of patients, CCU nurses encourage the first efforts at exercise. Exercise starts in bed with leg bends, after which the patient assists with taking his or her own bath. Getting out of bed to use the bathroom and shower follows, along with light exercises which build the patient's capacity to walk a mile.

"From early on as soon as the pain is relieved and the patient is through the acute crisis, everything we do in the CCU is to inspire hope and say, 'Hey, look, you're going to get back to doing what you did before; if not fully, then certainly close enough to be satisfying — You're not going to be relegated to a rocking chair'."

Hall said the exercise program is progressive in nature and involves ten steps which include walking around the unit and then through hospital corridors as well. All patients are monitored by radio telemetry during the exercise sessions.

Patients also benefit from daily classes which include topics such as nutrition, dealing with stress, smoking and dealing with life following a heart attack.

"We tell them, 'Okay, you've had this event and now you're one of the lucky ones. You've made it through the first 36 hours; the worst is past, and you've got everything to look forward to'."

Patient costs among lowest in state

Did you know that on the average it costs patients less to stay at Munson Medical Center than most hospitals in the state?

Through the years, Munson has earned a reputation as

Fundraising goal nears halfway mark

A total of \$202,586 has been raised to date toward the Munson Medical Center Development Council goal of \$593,200.

According to divisions the Annual Support Committee headed by Henry Peet has raised \$39,028, Foundations and Corporations with James LaHaye as Chairman is credited with \$53,162. Deferred Gifts and Special Prospects under Rob DeLonge now stands at \$44,127 raised and the Community Relations Committee under Trish Fiebing at \$6,733. The hospital family, including employees and physicians, has contributed \$57,311.

A special events committee headed by Gail Kimble raised \$2,225 at the recent annual Munson dinner-dance which was attended by 180 people.

The 60 members of Munson's Development Council are seeking to achieve a goal of \$593,200 to be applied toward Munson's equipment needs next year. Members are contacting area residents, business and professional people personally and by letter in hopes of meeting the goal by year end.

Centurions contribute

Munson Centurions contribute \$100 or more annually toward the goals of the Development Council. Membership now totals more than 550.

New Centurions since November, 1983 are:

M/M James Greenman
M/M Gordon Forsyth
M/M Michael Markarian
M/M Webb R. Miller
Vera Vancroft
Dr./Mrs. Richard M. Graham
Margaret MacMillan
Robert J. Kaiser
M/M Marshall Forsyth
M/M Michael Matles
Marie James
Great Lakes Federal Savings and Loan
M/M Charles B. Off
Dr. & Mrs. Ronald L. Clark
M/M James D. Croff
M/M Robert F. Kincaid
Allen McSweeney
John and Virginia Rockwood
M/M George P. Karn
M/M Stanley Majka
Helen Smith
M/M James A. Milliman

one of the state's top health care facilities. Less well known, perhaps, is the fact that Munson offers some of the lowest patient rates in both Michigan and the nation as a whole.

Consider this: According to data compiled for October, November and December, 1983, the average charge for a patient day in Michigan hospitals was \$550. The national average was \$486 per patient day. At Munson, however, the charge per patient day, including all ancillary services, was \$449.

According to information from Michigan's Medical Assistance Program, Munson is the lowest cost health care provider in northern Michigan for Medicaid patients.

Here are some other points to consider:

— The average charge per inpatient stay at Munson was

\$3,107, compared to Michigan's hospital average of \$3,875 and the national average of \$3,285.

— The average charge per birth at Munson was \$401, compared to the Michigan average of \$464 and the national average of \$455.

— The average charge for surgical visit to Munson was \$389, compared to the Michigan average of \$636 and the national average of \$653.

— Medical/surgical patients also spent less time at Munson than the state average. The average stay at Munson was 6.73 days, compared to 7.51 days for the Michigan average and 6.61 days nationally.

In compiling the above information, 12 Michigan hospitals and 132 hospitals nationwide of comparable size and service were used for comparison.

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